

Be Yourself

拍数: 32 墙数: 2 级数:
编舞者: Kim McCloughan (AUS) - August 2016
音乐: Be Yourself - Sarahbeth Taite : (Album: Sarahbeth Taite - EP)



Original Position: Feet Together Weight On Left Foot
This Dance Is Done On Two Directions. Introduction: 16 Beats

Heel Grind, Coaster, Pivot ½, Pivot ½

1-2 Heel Grind: Rock Forward On R Heel Arcing Toe Out To The Side.
3&4 Coaster: Step R Back, Step L Together, Step R Forward.
5-6 Pivot ½: Step L Forward, Turn 180 Degrees Right, Take Weight Onto R.
7-8 Pivot ½: Step L Forward, Turn 180 Degrees Right, Take Weight Onto R.

Cross, Side, Sailor, Cross ¼ Turn, ½ Turn Shuffle

1-2 Step L Foot Over Right, Step R To The Side.
3&4 Sailor Step: Step L Foot Behind Right, Step R To The Side, Step L Foot To The Side.
5-6 Step R Foot Over Left, ¼ Turn Right Step Back On Left Foot.
7&8 ½ Turn Shuffle: Step R Forward, Step L Together, Step R Forward

Forward Together, Forward Together, ½ Pivot, Shuffle Forward

1-2& Step Forward Onto L Foot, Rock Back Onto R Foot, Step L Foot Together.
3-4& Step Forward Onto R Foot, Rock Back Onto L Foot, Step R Foot Together.
5-6 Pivot ½: Step L Forward, Turn 180 Degrees Right, Take Weight Onto L.
7&8 Shuffle Forward: Stepping L R L.

½ Turn, ¼ Turn, Cross Rock, Step, Cross Side, Behind Side Cross

1-2 ½ Turn Left Step Back On R Foot, ¼ Turn Left Step L Foot To The Side.
3-4& Cross R Foot Over Left, Rock Back Onto L Foot, Step R Foot To The Side.
5-6 Step L Foot Over Right, Step R Foot To The Side.
7&8 * Step L Foot Behind Right, Step R Foot To The Side, Step L Foot Over Right.

[32] Repeat The Dance In New Direction

Tag: At The End (*) Of Wall 4 (Front) Add The Following Tag Then Restart Dance.

1-2 Step R Foot To The Side Pushing Hips R, Push Hips To Left.
3-4 Push Hips To R, Push Hips To Left.
