

Got to Be Yourself

拍数: 32 墙数: 4 级数: Beginner
编舞者: Frank Trace (USA) - June 2024
音乐: Everybody Be Yo'Self - Chic Street Man



Intro: 8 counts - No tags or restarts

STEP SLIDES RIGHT, STEP SLIDES LEFT

- 1-2 Step R to right side as you angle body right, slide L next to R squaring up to 12:00
- 3-4 Step R to right side as you angle body right, slide L next to R squaring up to 12:00
- 5-6 Step L to left side as you angle body left, slide R next to L squaring up to 12:00
- 7-8 Step L to left side as you angle body left, slide R next to L squaring up to 12:00

Option: Do hitchhike motion with thumbs as you do the above steps.

RIGHT OUT, LEFT OUT, SHUFFLE BACK, COASTER, WALK, WALK

- 1-2 Step R diagonally forward, step L diagonally forward
- 3&4 Shuffle back stepping R, L, R
- 5&6 Coaster: Step L, step R next to L, step L forward
- 7-8 Walk forward stepping R, L

MAMBO SIDE RIGHT, MAMBO SIDE LEFT, 1/8 PIVOT, 1/8 PIVOT

- 1&2 Right side mambo (rock R out, recover onto L, step R next to L)
- 3&4 Left side mambo (rock L out, recover onto R, step L next to R)
- 5-8 Pivot 1/8 turn, pivot 1/8 turn (swivel hips counterclockwise as you turn) (9:00)

MAMBO FORWARD, MAMBO BACK, JAZZ BOX

- 1&2 Right forward mambo (rock R forward, recover on L, step R next to L)
- 3&4 Left back mambo (rock L back, recover on R, step L next to R)
- 5-8 Step R over L, step L back, step R to side, stomp L next to R (weight on left)

BEGIN AGAIN
