

# Be True

拍数: 32      墙数: 4      级数: Improver  
编舞者: Shaz Walton (UK)  
音乐: Be True To Your Heart (feat. 98 Degrees) - Stevie Wonder



## SYNCOPATED ROCKS: SIDE- FORWARD- FORWARD, SHUFFLE FORWARD

1-2&      Rock left to left side, recover on right, step left beside right  
3-4&      Rock forward right, recover on left, step right beside left  
5-6&      Rock forward on left, recover on right, step left beside right  
7&8      Step right forward, step left beside right, step right forward

## DOROTHY STEP ½ TURN, ¼ TURN, STEP, SAILOR STEP, EXTENDED WEAVE RIGHT

1-2      Step left forward, lock right behind left as you start to make the ½ turn right  
&3      Step left beside right as you complete the ½ turn, step right forward  
4      Step left to left making a ¼ turn right  
5&6      Cross step right behind left, step left to left side, step right to right side  
&7      Cross step left behind right, step right to right side  
&8      Cross step left over right, step right to right side

Restart from here on 3rd repetition

## CROSS TOUCH, ¼ TURN, CROSS TOUCH, STEP, ROCK/SWAY LEFT & RIGHT, CROSS SHUFFLE ½ TURN

1-2      Cross touch left behind right, step left forward making ¼ turn left  
3-4      Cross touch right behind left, step right to right side  
5-6      Rock/sway left, rock/sway to right (weight on right)  
7&8      Cross step left over right making ¼ turn right, make ¼ turn right stepping right to right side, cross step left over right

## ROCK, RECOVER ¼, COASTER STEP, STEP, FULL PADDLE TURN RIGHT, STEP

1-2      Rock right to right side, recover on left making a ¼ turn right  
3&4      Step back right, step back left, step forward right  
5      Step forward left  
6-7-8      Touch right to right side as you make ½ turn left, touch right to right side as you make ½ turn left, step right beside left

REPEAT

RESTART

After complete 3rd repetition, dance up to count 16 & start the dance from the beginning (you will be facing the back wall at the end of the restart)

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