

# Be Yourself

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: Be Yourself - Morcheeba



## KICK AND POINT X 3, SAILOR HALF TURN

1&2      Kick right forward, recover onto right, point left to left side  
3&4      Kick left forward, recover onto left, point right to right side  
5&6      Kick right forward, recover onto right, point left to left side  
7&8      Left sailor with  $\frac{1}{2}$  turn left

## CROSS UNWIND, COASTER, WIZARD STEPS TWICE

1-2      Cross right over in front of left, unwind  $\frac{3}{4}$  turn left  
3&4      Left coaster (back)  
5-6&      Step diagonally forward on right, lock left up behind right, step slightly forward on right  
7-8&      Step diagonally forward on left, lock right up behind left, step slightly forward on left

## SLIDE, SAILOR CROSS, ROCK AND CROSS, UNWIND $\frac{1}{2}$ TURN, COASTER

1      Take a large step to the right with the right  
2&3      Step left behind right, step right to right side, cross left in front of right  
4&5      Rock right to right side, recover onto left, cross right over in front of left  
6      Unwind  $\frac{1}{2}$  turn left  
7&8      Right coaster (back)

## SHUFFLE FORWARD, STEP PIVOT STEP, WHOLE TURN (WALKS), WHOLE TURN (SHUFFLE)

1&2      Left shuffle forward (cha-cha)  
3&4      Step forward on right,  $\frac{1}{2}$  pivot left, step forward on right  
5-6      Turning  $\frac{1}{2}$  turn right step back on left, tuning a further  $\frac{1}{2}$  turn right step forward on right  
(alternative - two walks forward left then right)  
7&8      Turning  $\frac{1}{2}$  turn right step back on left, tuning a further  $\frac{1}{2}$  turn right step forward on right, step forward on left (alternative - shuffle forward left, right, left)

## REPEAT

## TAG

On wall 4 you will dance the dance up to count 16& (the 2nd set of wizard steps). Then add this tag

## WHOLE MONTEREY OR 4 HIP BUMPS

1-2      Point right to right side, turn a whole turn over right shoulder, bringing right toe next to left foot- weight on right  
3-4      Point left to left side, step left next to right, weight on left  
Or  
1-4      Four hops bumps right, then left, then right, then left

Start again from the beginning