

Be Yourself

拍数: 32 墙数: 4 级数: Improver hip hop
编舞者: Charles Johnson
音乐: Thank You (Falletin Me Be Mice Elf Again) - Big Brovaz



- 1& Rock forward left, replace weight back to right
2& Rock back left, replace weight forward on right
3&4 Shuffle forward left, right, left
5&6 Kick right diagonally forward, step down right, cross left in front of right
&7&8 Step right to right, cross left in front of right, kick right to right, hitch right knee
- 1&2 Cross right behind left, step left to left, cross right in front of left
3&4 Step left to left, bring in toes, bring in heels
5&6 Kick right forward, step right next to left, kick left forward
&7&8 Step left next to right, step right slightly forward, swivel heels to right, swivel heels back to center
- 1-2 Step right to right, make ½ turn right touching left next to right
3-4 Step left to left, make ½ turn left touching right next to left
5-6 Step right to right, make ½ turn left touching left next to right
7-8 Step left to left, make ½ turn left touching right to right
- 1&2 Kick right forward, step down right, rock left to left
&3& Replace weight to right, kick left forward, step left down
4&5 Rock right to right, replace weight to left, kick right forward
&6-7 Step down right, step left next to right, hold
&8 With feet together hop twice while making ¼ turn right

REPEAT

TAG

After 3rd wall there is an 8-count break where you be yourself
