

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



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|------|--|
| 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
