

# Be No Me

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Dom Yates (UK) - May 2010  
音乐: Los Angeloser - Meat Loaf



## Intro: 32 Counts from Start of Music

### Walk, Walk, Out, Out, In, Cross, ¼ Turn, ½ Turn, Coaster Step

1,2            Walk forward right, left  
&3&4        Step out right, step out left, step in right, cross left over right  
5,6            ¼ turn right stepping forward on right, ½ turn right stepping back on left  
7&8            Step back on right, together with left, step forward on right (9.00)

### Toe Switches Forward and Side, Back Rock (With Prep), 1 ¼ Turn

1&2&        Touch left toe forward, step left in place, touch right toe to side, step right in place  
3&4        Touch left toe to side, step left in place, touch right toe forward  
5,6        Rock back on right angling body to right (preparing to turn), recover onto left straightening up  
7&8        ½ turn left stepping back on right, ½ turn left stepping forward on left, ¼ turn left stepping right to side (6.00)

### Back Rock Side, Weave, Side, Sailor ¼ Right, Step

1&2        Rock back on left, recover onto right, step left to side  
3&4        Cross right behind left, step left to side, cross right over left  
5,6&7      Step left to side, cross right behind left, step left next to right making ¼ turn right, step right in place  
8            Step forward on left (9.00)

### Kick Ball Point x2, Cross, ¼ Right, Coaster Step

1&2        Kick right foot forward, step onto right, point left to side  
3&4        Kick left foot forward, step onto left, point right to side  
5,6        Cross right over left, make ¼ turn right stepping back on left  
7&8        Step back on right, step left next to right, step forward on right (12.00)

### Ball Step Touch, Ball Heel, Ball Touch, Walk Back, Sailor ½ Left Cross

&1,2        Step left next to right, step forward on right, touch left next to right  
&3&4        Step left in place, touch right heel forward, step right in place, touch left next to right  
5,6        Walk back left, right  
7&8        Cross left behind right making ¼ turn left, step right in place making ¼ turn left, cross left over right (6.00)

### \*RESTART: Wall 5 Restart Here (Facing 6.00)

### Side Rock, Weave, Side Rock, Sailor ½ Left Cross

1,2        Rock right to side, recover onto left  
3&4        Cross right behind left, step left to side, cross right over left  
5,6        Rock left to side, recover onto right  
7&8        Cross left behind right making ¼ turn left, step right in place making ¼ turn left, cross left over right (12.00)

### Ball Cross, Toe Switches, ½ Monterey Turn, Side Mambo, Touch, Step Back

&1,2        Step right to side, cross left over right, point right to side  
&3,4        Step right next to left, point left to side, make ½ turn left stepping left next to right  
5&6        Rock right to side, recover onto left, step forward on right  
7,8        Touch left toe forward, step back on left (6.00)

**Coaster, Mambo ½ Turn, Shuffle ½ Turn, Back Rock, Ball Step**

- 1&2 Step back on right, step left next to right, step forward on right
- 3&4 Rock forward on left, recover onto right, make ½ turn left stepping forward on left
- 5&6 Make ¼ turn left stepping right to side, slide left up to right, make ¼ turn left stepping back on right
- 7,8& Rock back on left, recover onto right, step left next to right (6.00)

**RESTART: ON Wall 5 Restart After 40 Counts (Walk Back, Sailor ½ Left). You Will Restart Facing 6.00 O’Clock Wall**

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