

# Be The Lake

拍数: 32                      墙数: 2                      级数: Intermediate - Polka  
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音乐: Be the Lake - Brad Paisley



## FWD. SHUFFLE / 1 1/2 R TURNING TRIPLE / 4X HITCH STEPS BACK

1&2                      step right foot forward, step left foot next to right, step right foot forward,  
3&4                      1/2 turn right stepping left slightly back, 1/2 turn right stepping right slightly forward, 1/2 turn  
right stepping left slightly back,

### Easier version: 1/2 turning right shuffle back.

&5                      right knee hitch hop slightly back on left, step right foot back,  
&6                      left knee hitch hop slightly back on right, step left foot back,  
&7                      right knee hitch hop slightly back on left, step right foot back,  
&8                      left knee hitch hop slightly back on right, step left foot back,

## 1/4 R SIDE-POINT-1/4 L FLICK / FWD. SHUFFLE / 1/4 R SIDE CHASSE / SAILOR STEP

&1,2                      1/4 turn right stepping right to side, point left toe to side, 1/4 turn left flick right back,

### Tag & Restart: wall 9 dance until here, dance below steps and restart with face to front wall.

3&4                      step right foot forward, step left foot next to right, step right foot forward,  
5&6                      1/4 turn right stepping left to left side, step right next to left, step left to left side,

### Restart: wall 3 dance until here, dance below steps and restart with face to front wall.

7&8                      cross step right behind left, step left slightly side, step right diagonally to forward right,

## CROSS-1/4 L BACK / 1/4 L SIDE HOP-SLIDE / WEAVE / SIDE ROCK

1,2                      cross step left across right, turn 1/4 left stepping right back,  
&3-4                      turn 1/4 left hop on right slightly to right side, step left to side and slowly slight right next to  
left,  
5&6                      cross step right behind left, step left to side, cross step right over left,  
7,8                      rock left foot to left side, recover weight on right foot,

## SAILOR 1/4 TURN L / STEP-1/2 PIVOT L / FWD. SUFFLE / STEP-BRUSH

1&2                      cross step left behind right, step right next to left turning 1/4 left, step forward left foot,  
3&4                      step forward right, 1/2 turn left stepping forward left foot,  
5&6                      step right foot forward, step left foot next to right, step right foot forward,  
7,8                      step left foot forward, brush right forward,

### Optional: dance a brush-hop fwd on 8&.

## REPEAT

### RESTART: In wall 3 dance until count 14, dance follow steps and restart with face to front wall.

15&16                      cross step right behind left, step left next to right turning 1/4 right, touch right toe next to left,

### TAG: After Wall 6 dance follow steps and restart with face to back wall.

1,2-4                      right big step forward, slow drag left toe next to right and step next to left (or slightly forward),

### TAG & RESTART: In wall 9 dance until count 10, dance follow steps and restart with face to front wall.

11,12                      step right foot forward, step left foot forward