

Be Brave!

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Tim Gauci (AUS) - March 2014
音乐: Brave - Sara Bareilles : (Single - iTunes)



Sequence: 48, 64 (48 + repeating last 16 beats), Tag, 48, 64 (48 + repeating last 16 beats), 48, 3 x last 16 beats

Begin dance 8 beats in on the lyrics

[1-8] □ STEP, FWD, ROCK, BACK, TOG, HEEL, TOG, CROSS, SIDE, ROCK, CROSS, SIDE, ROCK, CROSS [12.00]

- 12&3&4& Step R fwd, step L fwd, rock weight back onto R (&), step L back, step R tog (&), touch L heel fwd, step L tog (&)
- 56&7&8& Step R over L, step L to L, rock weight onto R (&), cross L over R, step R to R (&), rock weight onto L, cross R over L (&)

[9-16] SIDE, SAILOR STEP, BEHIND, ¼, ¼, CROSS, ROCK, SIDE, ROCK, BEHIND, SIDE [6.00]

- 12&34& Step L to L side, step R behind L, step L to L (&), step R to R, step L behind R, making ¼ turn R step R fwd (&)
- 56&7&8& Making ¼ turn R step L to L side, cross R over L, rock weight onto L (&), step R to R, rock weight onto L (&), step R behind L, step L to L (&)

[17-24] CROSS, SIDE, ROCK, CROSS, ¼, ½, FWD, FWD, ROCK, HOP SWEEP, HOP SWEEP [9.00]

- 12&34& Cross R over L, step L to L, rock weight onto R (&), cross L over R, making ¼ turn L step R back, making ½ turn L step L fwd (&)
- 56&78 Step R fwd, step L fwd, rock weight back into R (&), hop back on L sweeping R around (front to back), hop back on R sweeping L around (front to back)

[25-32] □ BEHIND, SIDE, CROSS, SIDE, ROCK, CROSS, ¼, ½, ¼, ¼ COASTER STEP, TOG □ 12.00

- 1&23&4 Step L behind R, step R to R (&), cross L over R, step R to R, rock weight onto L (&), step R over L
- 5&67&8& Making ¼ turn R step L back, making ½ turn R step R fwd (&), making ¼ turn R step L to L, making ¼ turn R step R back, step L tog (&), step R fwd, step L tog (&)

[33-40] □ FWD, FWD COASTER, BACK, ¼, FWD, BACK, ¼, ¼, BEHIND, SIDE □ 3.00

- 12&34& Step R fwd, step L fwd, step R tog (&), step L back, step R back, making ¼ turn L step L to L (&)
- 56&78& Step R fwd and across L (hitching L knee), step L back, making ¼ turn R step R fwd (&), making ¼ turn R step L to L, step R behind L, step L to L (&)

[41-48] □ CROSS, ROCK, SIDE, CROSS, ROCK, SIDE, STEP, PIVOT ½, STEP, PIVOT, FWD, TOG □ 3.00

- 12&34& Cross R over L, rock weight back onto L, step R to R (&), cross L over R, rock weight back onto R, step L to L (&)**
- 567&8& Step R fwd, pivot ½ turn L, step R fwd, pivot ½ turn L (&), step R fwd, step L tog (&)

[48] beats □ Repeat dance in new direction

Tag: □ Step R fwd, step L fwd, rock weight back onto R (&), step L back, step R back, step L tog (&)

Ending: – dance to beat 44&** and add the following;

- 567&8&1 Step R fwd, pivot ½ turn L, step R fwd, pivot ½ turn L (&), step R fwd, pivot ½ turn L (&), stomp R to R side – ta da!!

Enjoy

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