

Be There

拍數: 64 牆數: 2 級數: Improver
編舞者: Caroline Cooper (UK) - August 2016
音樂: Be There - Peter Myles : (Album: The Devil's Back In Town - 2:55)



Start On Vocals "Bed"

Sec 1: □□BACK ROCK, RECOVER, SHUFFLE FORWARD, JAZZ BOX

1-2 Rock back L, recover R
3&4 Step forward L, step R next to L, step forward L
5-6 Cross R over L, step back L
7-8 Step R to R side, close L next to R

Sec 2: □□STEP 1/4 , CROSS SHUFFLE, 1/4 , 1/4 , CROSS SHUFFLE

1-2 Step forward R, ¼ turn L
3&4 Cross R over L, step L to L side, cross R over L
5-6 ¼ turn R stepping back L, ¼ turn R stepping R to R side
7&8 Cross L over R, step R to R side, cross L over R

Sec 3: □□SIDE TOUCH, ¼ TURN TOUCH, CHASSE BACK ROCK, RECOVER

1-2 Step R to R side, touch L next to R
3-4 ¼ L stepping forward L, touch R next to L
5&6 Step R to R side, close L next to R, step R to R side
7-8 Rock back L, recover R

Sec 4: □□¼ MONTERY, 4 WALKS WITH KNEE ROLLS

1-2 Point L to L side, close L next to R
3-4 ¼ L pointing R to R side, touch R next to L
5-6 Walk forwards R L with knee rolls
7-8 Walk forward R L with knee rolls

Sec 5: □□STEP 1/2 TURN TOUCH, SHUFFLE FORWARD, STEP ½ TURN TOUCH SHUFFLE FORWARD

1-2 Step forward R, 1/2 turn L (keeping weight R) touch L across in front of R
3&4 Step forward L, bring R next to L, step forward L
5-6 Step forward R, ½ turn L (keeping weight R) touch L across in front of R
7&8 Step forward L, bring R next to L, step forward L

Sec 6: □□CROSS, BACK, BACK, CROSS, BACK, BACK, CROSS SHUFFLE

1-2 Cross R over L, step back L
3-4 Step back R, cross L over R
5-6 Step back R, step back L
7&8 Cross R over L, step L to L side, cross R over L

Sec 7: □□TOE STRUTT, TOE STRUTT, POINT, POINT, SAILOR ¼ TURN

1-2 On L diagonal step of ball of L then drop heel
3-4 On R diagonal step of ball of R then drop heel
5-6 Point L toe forward, point L toe to L side L
7&8 Turning ¼ turn L, sweep L behind R, step R to R side, step L to L side

Sec 8: □□STEP ½ TURN, SHUFFLE FORWARD, STEP ½ TURN, ROCK, RECOVER

1-2 Step forward R, ½ turn L
3&4 Step forward R, step L next to R, step forward R

5-6 Step forward L, ½ turn R
7-8 Rock forward L, recover R

At the end of wall 4 facing 12 o'clock add the following steps

TAG: ROCK, RECOVER, KICK BALL CHANGE, FORWARD TOUCH, BACK TOUCH

1-2 Rock back on L, recover weight to R
3&4 Kick L forward, step down on L, change weight to R
5-6 Step forward L, touch R next to L
7-8 Step back R, touch L next to R

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