

Be The One Ez

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Annemaree Sleeth (AUS) - August 2016
音樂: Be the One - Dua Lipa : (Single - iTunes)



Intro Dance Starts On Lyrics 16 Counts Dance Travels Clockwise To The Right

SEC 1 [1 - 8] V STEP , FORWARD TOUCH, FORWARD TOUCH

1 - 2 Step R Diag Fwd & Out Step L Diag Fwd & Out
3 - 4 Step R Back, Step L Together ,
5 - 6 Step R Diag Fwd , Touch L Together
7 - 8 Step L Diag Fwd, Touch R Together

SEC 2 [9 – 16] MONTEREY ¼, MONTEREY 1/4

1 – 2 Touch R Side, ¼ Turn R , (6.00)
3 – 4 Touch L Side, Step L Together
5 – 6 Touch R Side, ¼ Turn R ,
7 – 8 Touch L Side, Step L Together

SEC 3 [17 – 24] ROCKING CHAIR, SKATE FWD TWICE

1 – 2 Rock R Forward, Recover L
3 – 4 Rock R Back, Recover L
5 – 6 Skate R Forward, Hold
7 – 8 Skate L Forward, Hold □ (6.00)

SEC 4 [25 – 32] ROCKING CHAIR TOE STRUTS ¼ TURN

1 – 2 Rock R Forward, Recover L
3 – 4 Rock R Back, Recover L
5 – 6 ¼ R Touch R Toe Forward, Drop R Heel
7 – 8 Touch L Toe Forward, Drop L Heel , (3.00)

#Dance Finish Wall To Front Wall

I Am Choosing To Dance Through Any Restarts You May Hear

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