

I Be U Be

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Gudrun Schneider (DE) - January 2017
音樂: I Be U Be - High Valley



Intro: 8 count

S1: SHUFFLE FORW., SHUFFLE ½ R, ROCK BACK, HEEL-BALL-CROSS

1&2 RF step forward, LF step beside, RF step forward
3&4 LF ¼ left step side, RF step beside, LF ¼ left step back (6:00)
5-6 RF rock back, LF recover
7&8 RF heel diagonally forward, step on ball of RF, LF step cross

S2: ROCK SIDE, ROCK BACK, JAZZ BOX

1-2 RF rock side, LF recover
3-4 RF rock back, LF recover
5-6 RF cross, LF step back
7-8 RF step side, LF step forward

S3: SHUFFLE FWD, HEEL GRIND ¼ L, ROCK BACK, STEP ½ R

1&2 RF step forward, LF step beside, RF step forward
3-4 LF ¼ turn on heel left (3:00)
5-6 LF rock back, RF recover
7-8 LF step forward, RF+LF ½ turn right (9:00)

S4: STEP ¼ TURN, CROSS SHUFFLE, ROCK SIDE, BEHIND, SIDE

1-2 LF step forward, RF+LF ¼ turn right (12:00)
3&4 LF cross over, RF step side, LF cross over
5-6 RF rock side, LF recover
7-8 RF behind LF, LF step side

RESTART wall 2, 4, 6, 8, 9, 10

S5: ROCK FWD, SAILOR TURNING ¼ R, ROCK STEP & ROCK STEP

1-2 RF rock forward, LF recover
3&4 RF cross behind LF – ¼ turn right, LF step next to RF – RF step forward (3:00)
5-6 LF rock forward, RF recover
&7-8 LF step beside RF, RF rock forward, LF recover

S6: SHUFFLE BACK, TOUCH UNWIND ½ L, JAZZBOX

1&2 RF step back, LF step beside, RF step back
3-4 LF touch behind, RF + LF ½ left (9:00)
5-6 RF cross, LF step back
7-8 RF step side, LF step forward

RESTARTS: On walls 2, 4, 6, 8, 9, 10 - after 32 counts

TAG - after 1st and 5th wall

HEEL, HOOK

1-2 R heel diagonally forward, hook RF cross LF

Have Fun

