

Be The One

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Sandy Kerrigan (AUS) - May 2017
音樂: Don't Close Your Eyes - Gracia : (Album: Passion - iTunes)



Dance starts on lyrics - Dance Info: Dance starts with wt on R – BPM [150:] – Track Length 3.34

The Dance goes As follows – 36&, 48, 36&, 48, 32&, 48 to end.

S1: Rock Fwd L, ¼ L Side, Cross, Sweep Cross, Side, Behind, Side, Fwd, Fwd ¼ Pivot, Cross 6:00

1 2 & 3 4 Rock Fwd L, Replace Back to R, Turning ¼ L-Step L to L, Cross R over L, Sweep L to Cross over R
& 5 & 6 Step R to R, Cross L over R, Step R to R, Cross L over R & slightly Fwd
7 & 8 Step Fwd R, ¼ Pivot Turn L-wt on L, Cross R over L

S2: Step L to Side, Behind, Side, Cross Rock, ¼, ½, ¼ Side, Diagonally Fwd, ½ Back, Back Lock (Front R45°)

& 1 & 2 3 Step L to L, Cross R Behind L, Step L to L, Cross Rock R over L, Replace to R
4 & 5 6 Turning R Side-1/4 R Fwd R, ½ R Step Back L, ¼ R Step R to R, Step L Fwd to Back R45°
& 7 & 8 Turning ½ L-Step Back R, Step Back L, Lock R over L, Step Back L (facing diagonal)

S3: Back Rock Step, Fwd, ½ Back, ½ Fwd, 1/8th Step Side, Back Rock Step, Weave ¼ R, Step Fwd & Hitch 6:00

1 2 3 Facing Front R45°- Rock Back R, Replace Fwd to L, Step Fwd R
& 4 & Turning Fwd R- ½ R Step Back L, ½ R Step Fwd R, 1/8th R-Step L to L Side 3:00
5 6 & 7 & 8 Rock Back R, Replace Fwd to L, Step R to R, Cross L Behind, ¼ R Fwd R, Step Fwd L hitching R

S4: ¼ Back, Tog, Fwd with Hitch, L Coaster, Together, Step Back Sweep, Step Back Sweep, ¼ Sailor Turn Cross 12:00

1 & 2 3 & Turning ¼ L-Step Back R, Step L next to R, Step Fwd R-Hitching L, Step Back L, Step R next to L
4 & Step Fwd L, Step R next to L
5 6 Step Back L-Sweeping R Back, Step Back R-Sweeping L Back
7 & 8 Cross L Behind R, ¼ L Step R to R, Cross L over R 12:00

****Restart here Wall 5-facing 12:00-& Step R next to L – 32& counts**

S5: Step Side, Back Rock, Side, Behind, Side, Cross, Hitch, Step Side, Drag, Back, Cross, Side, Back Sweep 12:00

& 1 2 Step R to R, Rock Back L, Replace Fwd to R
& 3 & 4 & Step L to L, Cross R Behind L, Step L to L, Cross R over L (weave) Hitch L (high Hitch)

***Restart here in wall 1-Facing 12:00-Wall 3-Facing 6:00 – 36 & counts**

5 6 & 7 & Step L to L (Wide), Drag R to L, Cross R Behind L, Cross L over R, Step R to R
8 Step Back L-Sweeping R Behind

S6: Behind, ¼ Fwd, ¼ Side, Back Rock, ¼ Back with Drag, Back, ¼ side, Cross, Replace, side, Small Fwd Together 6:0

1 & 2 Cross R Behind L, Turning L-1/4 Step Fwd L, ¼ L Step R to R Side 6:00
3 & 4 Rock Back L, Replace Fwd to R, 1/4 R Step Back L (long back step) Dragging R Back
5 & 6 Step Back R (ending) Turning ¼ L-Step L to L, Cross R over L
7 & 8 & Replace Back to L, Step R to R, Small Step Fwd L Step R next L – wt on R

[48]

Ending...Dance to count 45... ¼ L Fwd L, ¼ L-Wide Step R to R 12:00, Drag L to meet R

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