

# Be Yourself

COPPER KNOB  
STEP SHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Frederick Fung (CAN) - October 2017  
音樂: Englishman In New-York (feat. Tefa & Moux & Willy William) - Cris Cab



Alt. music: Cris Cab - Englishman In New York (SAMBA remix - 51 BPM)

Intro - 32 counts of music

**S1 [1-8]: 2 X Samba Walk Fwd, LF Step Lock Step, RF Cross L, LF Close RF, RF Cha Cha Side (12:00)**

1-2            LF Samba walk forward(1), RF Samba walk forward (2)  
3&4           Step LF forward, lock RF behind LF, Step LF forward  
5, 6           RF Cross body L(5), Step LF forward to close with RF(6)  
7&8           RF Cha Cha Side to R with body ¼ turn right and RF pointing to 3:00

**S2[ 9-16]: LF Fwd, RF Step down In Place and LF ronde Bkwd L, LF Step bkwd LRL, RF Step Bkwd RLR, LF Step In Place, RF Cross Body Toe Point L**

1            Step LF forward  
2            Step and press ball of RF down in place with body 1/8 turn L and ronde LF backward to left behind RF  
3&4           Step LF back (3), Step RF back(&), Step LF back(4)  
5&6           Step RF back(5), Step LF back(&), Step RF back (6)  
7&           Step LF in place(7), Lean body slightly backward(&)  
8            Point RF toe diagonally to left

**S3 [17-24]: Circular Samba Votas L – 4 x Votas**

1&2           Move RF to side slightly back, toe turned out; Take split weight to RF; Press Ball of RF, draws LF in front of RF(Latin Cross - facing 9:00)  
3&4           Move RF to side slightly backward, toe turned out; Take split weight to RF; Press Ball of RF, draws LF in front of RF (Latin Cross - facing 6:00)  
5&6           Same as steps #3&4 (Latin Cross facing 3:00)  
7&8           Same as steps #3&4 (Latin Cross facing 12:00)

**S4 [25-32]: Samba Botafogo L, Samba Botafogo R, RF Cross Body Spiral Full Turn L**

1&2           Step RF forward slightly diagonally across the body (1); Step LF sideway with partial weight transfer. During this and next steps, make a ¼ turn to R (&); Replace full weight onto RF (2)  
3&4           Step LF forward slightly diagonally across the body (3); Step RF sideway with partial weight transfer; During this and next steps, make a ¼ Turn to L (&); Replace full weight onto LF (4)  
5-8           RF cross body forward toward 7:00, spiral full turn facing 9:00 (weight on RF)

**REPEAT**

Dance stops at end of 16 counts of music in Wall #12.

**PLEASE ENJOY THIS LINE DANCE UNTIL YOUR HEART AND SOUL ARE TOUCHED BY "Be Yourself"!  
For Song & Step Sheet, please contact: [Passionff0118@gmail.com](mailto:Passionff0118@gmail.com)**

Last Update – October 15, 2017