

Be Your Number 1

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Rudy Honing (NL) - January 2018
音樂: The Tide Is High - Billie Piper



Section 1 : Walk R/L Forward, Mambo R Forward, Shuffle L Back, ½ Turn R, Walk L/R Forward

1-2 Step RF Forward, Step LF Forward
3&4 Step RF forward, Weight back on LF, Step RF back
5&6 Step LF Back, Step RF next LF, Step LF back
&7-8 Turn ½ to the right on RF, Step LF forward, Step RF forward

Section 2 : Shuffle L Forward, Mambo R Forward, Back, Side with ¼ Turn R, Cross Shuffle L

1&2 Step LF forward, Step RF next LF, Step LF forward
3&4 Step RF forward, Weight back on LF, Step RF back
5-6 Step RF back, Make ¼ to the right, Step RF to the right
7&8 Step LF across RF, Step RF to the side, Step LF across RF

Section 3 : Side Rock R, Behind-Side-Cross, Side Rock L, Sailorstep ¼ Turn L

1-2 Step RF to the right side, Weight back on LF
3&4 Step RF behind LF, Step LF to the left side, Step RF across LF
5-6 Step LF to the left side, Weight back on RF
7&8 LF cross behind RF, 1/4 turn L with RF beside LF, LF forward

Section 4 : Pivot ½ Turn L, Shuffle R forward, ¾ Turn R, Shuffle L Forward

1-2 Step RF forward, Turn ½ to the Left
3&4 Step RF forward, Step LF next RF, Step RF forward
5-6 Make ¼ Turn to the right, Step LF to the left, Make ½ to the right, Step on RF
7&8 Step LF forward, Step RF next LF, Step LF forward

Start over

Stepchange & Restart Wall 4 :

Dance Section 1 Till count 7

Count 8 : Touch R toe next LF & Restart

Contact : www.honeybeez.nl