

Be My Lover

拍數: 64 牆數: 2 級數: Phrased Improver
編舞者: Tina Chen (TW), Nina Chen (TW), Amy Yang (TW) & Juilin Chen (TW) - August 2018
音樂: Be My Lover (DJ Franxu Bootleg Remix) - Inna



Intro : 32 counts

Sequence of dance : Intro dance B / A A B Tag1 / A A B Tag1 /B B Tag 2 /A A B A

Intro dance : (32 counts)

Sec. i1: SHUFFLE DIAGONAL(R&L), HEEL GRIND 1/4 TURN R, BACK, RECOVER

1& 2 Step RF forward R diagonal, Lock LF behind RF, Step RF forward R diagonal
3& 4 Step LF forward L diagonal, Lock RF behind LF, Step LF forward L diagonal
5 - 8 Touch RF heel forward and grind to R, Making 1/4 turn R step back on LF, Step RF back, Recover onto LF

Sec. i2: SHUFFLE DIAGONAL(R&L), JAZZ BOX 1/4 TURN R

1& 2 Step RF forward R diagonal, Lock LF behind RF, Step RF forward R diagonal
3& 4 Step LF forward L diagonal, Lock RF behind LF, Step LF forward L diagonal
5 - 8 Cross RF over LF, 1/4 turn R step LF back, Step RF to R, Step LF forward

Sec.i3 & i4 (Same as i1&i2)

PART A – 32 counts

Sec. A1: CROSS, BACK, SIDE, CROSS SHUFFLE, SIDE, TOUCH(x2)

1 2& Cross RF over LF, Step LF back, Step RF to R
3& 4 Cross LF over RF, Step RF to R, Cross LF over RF
5 - 8 Step RF to R, Touch LF to L diagonal, Step LF to L, Touch RF to R diagonal

Sec. A2: BACK ROCK, RECOVER, SIDE ROCK, RECOVER, SAMBA R, SAMBA 1/4 L

1 - 4 Rock RF behind LF, Recover onto LF, Rock RF to R, Recover onto LF
5& 6 Cross RF over LF, Step LF to L, Step RF in place
7& 8 Making 1/4 turn L cross LF over RF(09:00), Step RF to R, Step LF in place

Sec. A3: FORWARD ROCK, RECOVER, TOGETHER, FORWARD, KNEE POPS, BACKWARD SHUFFLE(x2)

1 2& Rock RF forward, Recover onto LF, Step RF beside LF
3 & 4 Step LF forward, Lift both heels off the floor by bending the knees, Return the heels to the floor
5& 6 Step LF back, Lock RF over LF, Step LF back
7& 8 Step RF back, Lock LF over RF, Step RF back

Sec. A4: BACK ROCK, RECOVER, KICK BALL CHANGE, JAZZ BOX 1/4 TURN L HITCH

1-2,3&4 Rock LF back, Recover onto RF, Kick LF forward, Step ball of LF in place, Step RF in place
5 - 8 Cross LF over RF, 1/4turn L step RF back, Step LF to L, Hitch RF (06:00)

PART B – 32 counts

Sec. B1: CROSS, HOLD(R&L), MAMBO 1/2 TURN R , HOLD

1 - 4 Cross RF over LF, Hold, Cross LF over RF, Hold
5 - 8 Rock RF forward, Recover onto LF, 1/2 turn R step RF forward, Hold(06:00)

Sec. B2: CROSS, HOLD(L&R), FORWARD, PIVOT 1/2 TURN R, FORWARD, HOLD

1 - 4 Cross LF over RF, Hold, Cross RF over LF, Hold

5 – 8 Step LF forward, Pivot 1/2 turn R weight onto RF, Step LF forward, Hold(12:00)

Sec. B3: SIDE ROCK, RECOVER, CROSS SHUFFLE, 1/4 TURN R(x2), FORWARD SHUFFLE

1-2,3& 4 Rock RF to R, Recover onto LF, Cross RF over LF, Step LF to L, Cross RF over LF

5-6,7& 8 1/4 turn R step LF back(03:00), 1/4 turn R step RF forward(06:00), Step LF forward, Lock RF behind LF, Step LF forward

Sec. B4: ROCKING CHAIR, FORWARD PIVOT 1/4 TURN L(x2)

1 – 4 Step RF forward, Recover onto LF, Step RF back, Recover onto LF

5 – 8 Step RF forward, Pivot 1/4 turn L weight on LF(3:00), Step RF forward, Pivot 1/4 turn L weight on LF (12:00)

Start again.

Tag 1 : 8 counts

FORWARD, TOUCH(x4), OUT-OUT, BOTH FOOT JUMP IN, HEEL UP&DOWN

1&,2& Step RF forward, Touch LF beside RF, Step LF forward, Touch RF beside LF

3&,4& Step RF forward, Touch LF beside RF, Step LF forward, Touch RF beside LF

5 - 6 Step RF forward R diagonal, Step LF forward L diagonal

7 &8 Both foot jump back to the center, Both heels up and down

Tag 2 : 12 counts

FORWARD, TOUCH(x4), BACKWARD, TOUCH(x4), OUT-OUT, BOTH FOOT JUMP IN, HEEL UP & DOWN

1&,2& Step RF forward, Touch LF beside RF, Step LF forward, Touch RF beside LF

3&,4& Step RF forward, Touch LF beside RF, Step LF forward, Touch RF beside LF

5&,6& Step RF back, Touch LF beside RF, Step LF back, Touch RF beside LF

7&,8& Step RF back, Touch LF beside RF, Step LF back, Touch RF beside LF

2 - 2 Step RF forward R diagonal, Step LF forward L diagonal

3 &4 Both foot jump back to the center, Both heels up and down

Have Fun & Happy Dancing !!!

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