

Be Honest

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 2 級數: Easy Intermediate New Line
編舞者: Jonathan YANG (FR) & Steffie ROBERT (FR) - February 2020
音樂: Be Honest (feat. Burna Boy) - Jorja Smith : (Single)



Intro : 16 counts

[1-8] OUT R & L, ROCKING CHAIR (Cross & Right), CROSS SAMBA, CROSS SAMBA, TOUCH

- 1-2 Step R to the R diagonal ("Out"), Step L to the L diagonal "Out". Hip movements can be done on 1 & 2.
- 3&4& Cross rock R in front of L foot, recover on L, Rock R to R side, Recover on L
- 5&6 R Cross Samba (= Cross R in front of L foot, Rock L to L side, Step R to the R diagonal)
- 7&8 L Cross Samba & L Touch (= Cross L in front of R foot, Rock R to R side, Touch L on the L diagonal) - Body angle 10:30

[9-16] 1/8 TURN L with TOE STRUT R, ¼ TURN L with TOE STRUT L, QUARTER DIAMOND

- &1-2 Step L next to R foot, R Toe Strut fw toward 10:30 (1-2)
- 3-4 ¼ Turn L and L toe Strut Fw toward 7:30
- 5&6 Cross R in front of L foot, 1/8 turn R and Step L to L side, 1/8 turn R and Step back on R - 10:30
- 7&8 Step back on L, 1/8 turn R and Step R to R side, Cross L in front of R foot 12:00

Restart here, 4th wall

[17-24] PRESS R, TWIST R HEEL, BEHIND-SIDE-CROSS, PRESS G, BEHIND-SIDE-CROSS

- 1&2 Press R fw to the R diagonal, Twist/swivel R heel to the R, Twist/swivel R heel back to center and recover weight on L foot
- 3&4 Cross R behind L foot, Step L to L side, Cross R in front of L foot
- 5&6 Press L fw to the L diagonal and Shimmy (the shoulder movement can change to fit the music), recover weight on R foot on 6
- 7&8 Cross L behind R foot, Step R to R side, Cross L in front of R foot

[25-32] SHUG, CROSS R, L ROCK STEP, COASTER STEP

- 1&2 Touch R to R side, ¼ turn L and Close R next to L foot, Touch R to R side 9:00
- &3&4 ¼ turn L and Close R next to L foot, Touch R to R side, recover on L foot, cross R in front of L foot- 6:00
- 5-6 Rock L Fw to the L diagonal, recover on R foot
- 7&8 L Coaster Step

RESTART : At the 4th wall, Restart after 16 counts

REPEAT & ENJOY YOUR DANCE

Convention : R = Right :: L = Left :: fw = Forward

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