

Be the One

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Jan Brookfield (UK) - May 2021
音樂: Be The One - Michael Ball



Dance starts after 19 secs on main vocals.

Section 1 : KICK-BALL-STEP, WALK x 2, SIDE ROCK, RECOVER, BEHIND, SIDE

1&2,3,4 Kick R forward, step R back in place, step L forward; walk forward on R,L
5,6,7,8 Rock R to right side, recover onto L, step R behind L, step L to left side

Section 2 : JAZZ BOX, CROSS; SIDE, TOUCH, SWAY x 2

1,2,3,4 Step R across L, step L back, step R to right side, step L across R
5,6 Step R to right side, touch L next to R
7,8 Step L out to left side swaying hips left, recover weight onto R swaying hips right

Section 3 : CHASSE ¼ TURN, STEP, HALF PIVOT, WALK FORWARD x 3, POINT

1&2 Chasse on L,R,L making a quarter turn left (facing 9 o'clock)
3,4 Step R forward, pivot half turn left (weight now on L)
5,6,7,8 Walk forward on R,L,R, point L to left side (now facing 3 o'clock)

Section 4 : BACK, POINT, ROCK BACK, RECOVER, CHASSE ½ TURN, BACK, TOUCH

1,2 Step L back, point R to right side
3,4 Rock R back, recover onto L
5&6 Chasse on R,L,R making a half turn over left shoulder
7,8 Step L back, touch R next to L (now facing 9 o'clock)

START OVER
