

# Be Yourself

拍數: 32      牆數: 2      級數:  
編舞者: Kim McCloughan (AUS) - August 2016  
音樂: Be Yourself - Sarahbeth Taite : (Album: Sarahbeth Taite - EP)



**Original Position: Feet Together Weight On Left Foot**  
**This Dance Is Done On Two Directions. Introduction: 16 Beats**

## **Heel Grind, Coaster, Pivot ½, Pivot ½**

1-2            Heel Grind: Rock Forward On R Heel Arcing Toe Out To The Side.  
3&4           Coaster: Step R Back, Step L Together, Step R Forward.  
5-6           Pivot ½: Step L Forward, Turn 180 Degrees Right, Take Weight Onto R.  
7-8           Pivot ½: Step L Forward, Turn 180 Degrees Right, Take Weight Onto R.

## **Cross, Side, Sailor, Cross ¼ Turn, ½ Turn Shuffle**

1-2            Step L Foot Over Right, Step R To The Side.  
3&4           Sailor Step: Step L Foot Behind Right, Step R To The Side, Step L Foot To The Side.  
5-6           Step R Foot Over Left, ¼ Turn Right Step Back On Left Foot.  
7&8           ½ Turn Shuffle: Step R Forward, Step L Together, Step R Forward

## **Forward Together, Forward Together, ½ Pivot, Shuffle Forward**

1-2&           Step Forward Onto L Foot, Rock Back Onto R Foot, Step L Foot Together.  
3-4&           Step Forward Onto R Foot, Rock Back Onto L Foot, Step R Foot Together.  
5-6           Pivot ½: Step L Forward, Turn 180 Degrees Right, Take Weight Onto L.  
7&8           Shuffle Forward: Stepping L R L.

## **½ Turn, ¼ Turn, Cross Rock, Step, Cross Side, Behind Side Cross**

1-2            ½ Turn Left Step Back On R Foot, ¼ Turn Left Step L Foot To The Side.  
3-4&           Cross R Foot Over Left, Rock Back Onto L Foot, Step R Foot To The Side.  
5-6            Step L Foot Over Right, Step R Foot To The Side.  
7&8            \* Step L Foot Behind Right, Step R Foot To The Side, Step L Foot Over Right.

## **[32] Repeat The Dance In New Direction**

**Tag: At The End (\*) Of Wall 4 (Front) Add The Following Tag Then Restart Dance.**

1-2            Step R Foot To The Side Pushing Hips R, Push Hips To Left.  
3-4            Push Hips To R, Push Hips To Left.

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