

Be Your Light

拍數: 32 牆數: 4 級數: Beginner
編舞者: Steve Rutter (UK) & Claire Rutter (UK) - June 2022
音樂: Anyone For You (Nathan Dawe Remix) - George Ezra & Nathan Dawe



(16 Count Intro' – 8 Secs)

Or for a slower practice track "Anyone For You (Tiger Lily)" by George Ezra (103 B.P.M)
(16 Count Intro' – 9 Secs) (No Tag Needed For The Slower Version)

Section 1 – Shuffle Back x2, Close, Walk Forward, Shuffle Forward.

1&2 Step back on right, close left beside right, step back on right.
3&4 Step back on left, close right beside left, step back on left.
& Close right beside left.
5-6 Step forward on left, step forward on right.
7&8 Step forward on left, close right beside left, step forward on left. (12:00)

Section 2 – Pivot ¼ Turn Left x2, Jazz Box.

1-2 Step right forward, pivot a quarter turn left.
3-4 Step right forward, pivot a quarter turn left.
5-6 Cross right over left, step back on left.
7-8 Step right to right side, cross left over right (6:00)

Section 3 – Side Points x2, Heel Switches x2, Forward Rocks x2.

1& Touch right toe to right side, close right beside left.
2& Touch left toe to left side, close left beside right.
3& Touch right heel forward, close right beside left.
4& Touch left heel forward, close left beside right.
5-6 Rock forward on right, recover weight onto left.
& Close right beside left.
7-8 Rock forward on left, recover weight onto right.
& Close left beside right. (6:00)

Section 4 – Side Rocks x2, Cross Behind, ¼ Turn Right, Step Forward, Forward Rock.

1-2 Rock right to right side, recover weight onto left
& Close right beside left.
3-4 Rock left to left side, recover weight onto right.
5&6 Cross left behind right, make a quarter turn right stepping right forward, step forward on left.
Rock forward
7-8 on right, recover weight onto left. (6:00)

Tag (When Using "Nathan Dawe Remix" Only):

When dancing to the "Nathan Dawe Remix" version of this track you will need to add the following 4 Count Tag (Reverse Rocking Chair) at the end of wall 7 (You'll be facing 3:00)

1-2 Rock back on right, recover weight onto left.
3-4 Rock forward on right, recover weight onto left.

Enjoy!