

# Be the One

拍數: 32      牆數: 4      級數: Improver  
編舞者: Muki Matohir Royal (INA) - October 2023  
音樂: Be the One - Dua Lipa



## Start On Lyric

No Tags – 1 Restart On Wall 4 After 16 Count

### S.1 WALK – MAMBO FORWARD – BACK – MAMBO BACK

1 – 2            Step R Forward , Step L Forward  
3 & 4            Step R Forward , Recover on L , Step R Back  
5 – 6            Step L Back , Step R Back  
7 & 8            Step L Back , Recover on R , Step L Forward

### S.2 SYNCOPATED JAZZ BOX - TURN 1/4 RIGHT – SYNCOPATED CROSS

1 & 2            Cross R over L , Turn ¼ Right Step L Back , Step R to Side  
3 & 4            Cross L over R , Step R Back , Step L to Side  
5 & 6 &        Cross R over L , Recover on L , Step R to Side , Recover on L  
7 & 8            Cross R over L , Recover on L , Step R to Side

Restart Here On Wall 4 After 16 Count

### S.3 CROSS SHUFFLE – ROCK SIDE – TURN 1/4 LEFT – FORWARD – SYNCOPATED LOCK STEP

1 & 2            Cross L over R , Step R to Side , Cross L over R  
3 & 4            Step R to Side , Turn ¼ Left Recover on L , Step R Forward  
5 & 6 &        Step L Forward , Lock R Behind L , Step L Forward , Lock R Behind L  
7 & 8            Step L Forward , Lock R Behind L , Step L Forward

### S.4 FORWARD – TURN 1/4 LEFT – SIDE – BOTA FOTO – SPIRAL TURN 1/2 LEFT

1 – 2            Step R Forward , Turn ¼ Left Step L to Side  
3 & 4            Cross R over L , Ball L to Side , Step R in Place  
5 & 6            Cross L over R , Ball R to Side , Step L in Place  
7 – 8            Cross R over L , Turn 1/2 Left Recover On L

ENJOY THE DANCE

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