

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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