

She Be The One

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Elle-Jay (UK)
音樂: She Be the One - Enrique Iglesias



BACK ROCK, SIDE STEP, TOUCH, HITCH, HIP SHAKES, ¼ TURN LEFT COASTER

1&2 Rock back left behind right, recover forward right, long step left with left
3&4 Slide & touch right next to left, hitch right, touch to right side as if stepping over something on the floor
5&6 Shake hips right, left, right while transferring weight to right foot
7&8 Quarter turn left stepping back left, step right next to left, step forward left

FORWARD LOCK STEP, HOLD, FORWARD LOCK STEP, PIVOT ½ TURN RIGHT, TRIPLE FULL TURN RIGHT

1&2 Step forward right, lock step left behind right, step forward right
3&4 Hold and click fingers, lock step left behind right, step forward right
5-6 Step forward left, pivot half turn right
7&8 Triple full turn right stepping left, right, left

BACK ROCK, POINT, BACK ROCK, SIDE STEP, BACK ROCK, POINT, BACK ROCK, SIDE STEP

1&2 Rock back right behind left, recover forward left, point right to right side
3&4 Rock back right behind left, recover forward left, long step right to right side sliding left to right
5&6 Rock back left behind right, recover forward right, point left to left side
7&8 Rock back left behind right, recover forward right, long step left to left side sliding right to left

¼ TURN LEFT WITH HIP BUMPS, TOE TAPS, SIDE STEP, ¼ TURN LEFT WITH HEEL BOUNCES

1&2&3&4 Bump hips right, left, right, left, right, left, right, while ¼ turning left on left foot & ball of right (knees bent)

The hip movements form a figure 'C', right hip bumping up & down & up & down, click right fingers at the same time

5&6 Tap right next to left twice, step right to right side
7&8 Bounce heels three times while quarter turning left on balls of feet

COASTER STEP, KICK, ¼ TURN LEFT, POINT, SHUFFLE LEFT ACROSS RIGHT, POINT & POINT

1&2 Step back left, step right next to left, step forward left
3 Kick right at a diagonal right while quarter turning left on left, lifting left shoulder
&4 Cross right over left, relax shoulders, point left to left side lifting right shoulder
5&6 Cross left over right, step right to right, cross step left over right
7&8 Point right to right side, step right next to left, point left to left side

¼ TURN LEFT, FORWARD LOCK STEP, SKATE RIGHT, LEFT, FORWARD ROCK, TOUCH, KICK ½ TURN LEFT, BACK ROCK, TOUCH

1&2 Quarter turn left on right stepping left forward, lock step right behind left, step left forward
3-4 Skate right to right side, skate left to left side
5&6 Rock forward on right, touch left behind right, half turn left on right while kicking left forward
7&8 Rock back on left, recover forward on right, touch left next to right

REPEAT