

Be The One

拍數: 48 牆數: 4 級數: Improver
編舞者: Teri Rogers (USA)
音樂: Let Me Be The One - The Randy Anderson Band



LOCK STEP FORWARD, TOUCH, ROCK STEP, LOCKING SHUFFLE BACK

1-2 Step forward on right foot, lock left foot behind right
3-4 Step forward on right foot, touch left toes behind right heel
5-6 Rock forward on left, back on right
7&8 Step back on left, lock right in front of left, step back on left

HEEL TAPS TWICE, TOE TAPS TWICE, HEEL FRONT SIDE FRONT, ¼ TURN LEFT HEEL FLICK RIGHT

1-2 Tap right heel front two times
3-4 Tap right toe back two times
5-6 Tap right toes forward, tap right toes to right side
7-8 Tap right toes forward, turn ¼ left on the ball of the left foot while flicking right heel to the right

SIDE SHUFFLE RIGHT, ROCK BEHIND, 2 TOE STRUTS LEFT

1&2 Step right to the right side, left next to right, step right on right
3-4 Rock back on the left, forward on the right
5-6 Step on left toes to left side, drop left heel
7-8 Cross step right toes over left, drop right heel

SIDE SHUFFLE LEFT, ROCK BEHIND, 2 TOE STRUTS RIGHT

1&2 Step left to left side, right next to left, step left on left
3-4 Rock back on right, forward on left
5-6 Step on right toes to right side, drop right heel
7-8 Cross step left toes over right, drop left heel

VINE RIGHT, BALL-CROSS, STEP, VINE, BALL-CROSS, STEP

1-2 Step right to right side, cross left behind right
&3-4 Step on ball of right foot, cross step left over right, step right to right side
5-6 Step left to left side, cross right behind left
&7-8 Step on ball of left foot, cross step right over left, step left to left side

STEP RIGHT, HOLD, BALL RIGHT, HOLD, LEFT FULL TURNING SHUFFLE, ROCK BEHIND

1-2 Step right foot to right side, hold
&3-4 Step ball of left foot next to right, step right to right side, clap 5&6 full turning shuffle left, stepping left, right, left
7-8 Rock step right foot behind left, step forward on left

REPEAT