

# 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**

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