

Be True

拍數: 32 牆數: 4 級數: Improver
編舞者: Shaz Walton (UK)
音樂: Be True To Your Heart (feat. 98 Degrees) - Stevie Wonder



SYNCOPATED ROCKS: SIDE- FORWARD- FORWARD, SHUFFLE FORWARD

1-2& Rock left to left side, recover on right, step left beside right
3-4& Rock forward right, recover on left, step right beside left
5-6& Rock forward on left, recover on right, step left beside right
7&8 Step right forward, step left beside right, step right forward

DOROTHY STEP ½ TURN, ¼ TURN, STEP, SAILOR STEP, EXTENDED WEAVE RIGHT

1-2 Step left forward, lock right behind left as you start to make the ½ turn right
&3 Step left beside right as you complete the ½ turn, step right forward
4 Step left to left making a ¼ turn right
5&6 Cross step right behind left, step left to left side, step right to right side
&7 Cross step left behind right, step right to right side
&8 Cross step left over right, step right to right side

Restart from here on 3rd repetition

CROSS TOUCH, ¼ TURN, CROSS TOUCH, STEP, ROCK/SWAY LEFT & RIGHT, CROSS SHUFFLE ½ TURN

1-2 Cross touch left behind right, step left forward making ¼ turn left
3-4 Cross touch right behind left, step right to right side
5-6 Rock/sway left, rock/sway to right (weight on right)
7&8 Cross step left over right making ¼ turn right, make ¼ turn right stepping right to right side, cross step left over right

ROCK, RECOVER ¼, COASTER STEP, STEP, FULL PADDLE TURN RIGHT, STEP

1-2 Rock right to right side, recover on left making a ¼ turn right
3&4 Step back right, step back left, step forward right
5 Step forward left
6-7-8 Touch right to right side as you make ½ turn left, touch right to right side as you make ½ turn left, step right beside left

REPEAT

RESTART

After complete 3rd repetition, dance up to count 16 & start the dance from the beginning (you will be facing the back wall at the end of the restart)