

Be Yourself

拍數: 32 牆數: 4 級數: Improver
編舞者: Gaye Teather (UK)
音樂: Be Yourself - Enrique Iglesias



RIGHT SIDE, CLOSE, SHUFFLE FORWARD, LEFT SIDE, CLOSE, SHUFFLE FORWARD

1-2 Step right to right side, step left beside right
3&4 Step forward on right, step left beside right, step forward on right
5-6 Step left to left side, step right beside left
7&8 Step forward on left, step right beside left, step forward on left (12:00)

ROCK STEP, SHUFFLE ½ TURN RIGHT, ROCK STEP, COASTER STEP

9-10 Rock forward on right, recover onto left
11&12 Shuffle ½ turn right stepping right, left, right
13-14 Rock forward on left, recover onto right
15&16 Step back on left, step right beside left, step forward on left (6:00)

STEP, POINT, KICK-BALL-POINT, ½ TURN RIGHT, POINT, TAP, TAP, POINT

17-18 Step forward on right, point left to left
19&20 Kick left forward, step left beside right, point right toe to right side
21-22 On ball of left make ½ turn right stepping right beside left, point left to left
23& Tap left toe beside right foot twice
24 Point left toe to left side (12:00)

BEHIND, SIDE, CROSS SHUFFLE, ROCK, ¼ TURN LEFT, WALK RIGHT, LEFT

25-26 Step left behind right, step right to right
27&28 Cross step left over right, step right to right, cross left over right
29-30 Rock right to right side, recover onto left making ¼ turn left
31-32 Walk forward right, left (9:00)

REPEAT
