

Be Yourself

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Larry Hayden (UK)
音樂: Be Yourself - Morcheeba



KICK AND POINT X 3, SAILOR HALF TURN

1&2 Kick right forward, recover onto right, point left to left side
3&4 Kick left forward, recover onto left, point right to right side
5&6 Kick right forward, recover onto right, point left to left side
7&8 Left sailor with ½ turn left

CROSS UNWIND, COASTER, WIZARD STEPS TWICE

1-2 Cross right over in front of left, unwind ¾ turn left
3&4 Left coaster (back)
5-6& Step diagonally forward on right, lock left up behind right, step slightly forward on right
7-8& Step diagonally forward on left, lock right up behind left, step slightly forward on left

SLIDE, SAILOR CROSS, ROCK AND CROSS, UNWIND ½ TURN, COASTER

1 Take a large step to the right with the right
2&3 Step left behind right, step right to right side, cross left in front of right
4&5 Rock right to right side, recover onto left, cross right over in front of left
6 Unwind ½ turn left
7&8 Right coaster (back)

SHUFFLE FORWARD, STEP PIVOT STEP, WHOLE TURN (WALKS), WHOLE TURN (SHUFFLE)

1&2 Left shuffle forward (cha-cha)
3&4 Step forward on right, ½ pivot left, step forward on right
5-6 Turning ½ turn right step back on left, tuning a further ½ turn right step forward on right
(alternative - two walks forward left then right)
7&8 Turning ½ turn right step back on left, tuning a further ½ turn right step forward on right, step
forward on left (alternative - shuffle forward left, right, left)

REPEAT

TAG

On wall 4 you will dance the dance up to count 16& (the 2nd set of wizard steps). Then add this tag

WHOLE MONTEREY OR 4 HIP BUMPS

1-2 Point right to right side, turn a whole turn over right shoulder, bringing right toe next to left
foot- weight on right
3-4 Point left to left side, step left next to right, weight on left
Or
1-4 Four hops bumps right, then left, then right, then left

Start again from the beginning