

# Be Yourself

拍數: 32      牆數: 4      級數: Improver hip hop  
編舞者: Charles Johnson  
音樂: Thank You (Falletin Me Be Mice Elf Again) - Big Brovaz



- 1&            Rock forward left, replace weight back to right  
2&            Rock back left, replace weight forward on right  
3&4          Shuffle forward left, right, left  
5&6          Kick right diagonally forward, step down right, cross left in front of right  
&7&8        Step right to right, cross left in front of right, kick right to right, hitch right knee
- 1&2          Cross right behind left, step left to left, cross right in front of left  
3&4          Step left to left, bring in toes, bring in heels  
5&6          Kick right forward, step right next to left, kick left forward  
&7&8        Step left next to right, step right slightly forward, swivel heels to right, swivel heels back to center
- 1-2          Step right to right, make ½ turn right touching left next to right  
3-4          Step left to left, make ½ turn left touching right next to left  
5-6          Step right to right, make ½ turn left touching left next to right  
7-8          Step left to left, make ½ turn left touching right to right
- 1&2          Kick right forward, step down right, rock left to left  
&3&          Replace weight to right, kick left forward, step left down  
4&5          Rock right to right, replace weight to left, kick right forward  
&6-7        Step down right, step left next to right, hold  
&8          With feet together hop twice while making ¼ turn right

## REPEAT

## TAG

After 3rd wall there is an 8-count break where you be yourself

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