

Be On You

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jordan Lloyd (UK) - July 2009
音樂: Be On You (feat. Ne-Yo) - Flo Rida



Back Together Cross, Side Rock Back Recover, Step Forward, Cross Step Back ¼, Step Forward ¼, Shuffle ¼ Sweep.

- 1-2& Step back on right, Step left next to right, Cross right over left.
3-4& Step left to the side, Rock right foot back, Recover onto left.
5-6& Step forward on right, Cross left over right, Step back on right making a ¼ left.
7-8&1 Step forward left making a ¼ left, Step right to side making ¼ left, Step left next to right, Step right out to right while sweeping left around.

Cross, Rock Recover, Rock Recover Flick, Scuff Hitch, Back Drag, Rock Recover Cross, Lunge.

- 2& Cross left over right, Rock back on right.
3&4 Recover forward on left, Rock back on right, Recover forward left while flicking right foot behind.
5&6 Scuff right foot forward, Hitch right foot, Long step back on right while dragging left next to right.
7&8& Rock left out to left side, Recover onto right, Cross left over right, Lunge right out to right.
(RESTART wall 3 and wall 6)

Step Drag, Sailor ¾, Shuffle Forward, Sweep Full Turn Step, Out Out, Touch In Out In.

- 1 Big step to left while dragging right.
2&3 Step right behind left, Step forward left making a ¼ turn left, Step right to left making ½ turn left.
4&5 Step forward on left, step right next to left, Step forward left as you do this sweep around a full turn with your right leg.
6&7 Step right foot next to left, Step left foot slightly out to left, Step right foot slightly out to right.
&8& Touch left next to right, Touch left out to left, Touch left next to right.

Step Forward Drag, Step Together, Step Back, Step Back Drag, Step Together, Step Forward, Shuffle Sweep Full Turn, Sailor Step, Cross.

- 1-2& Step forward on left making a ¼ turn left while dragging right, Step right next to left, Step back on left.
3-4& Step back on right while dragging left, Step left next to right, Step right forward.
5&6 Step left forward, Step right next to left, Step left forward while sweeping right behind making a full turn right.
7&8& Step right behind left, Step left slightly out to left, Step right Slightly out to right, Cross left over right.

RESTARTS: on wall 3 and wall 6, Dance to count 16 and on the & count instead of a lunge right, touch right next to left and start the dance again.