

Be No Me

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dom Yates (UK) - May 2010
音樂: Los Angeloser - Meat Loaf



Intro: 32 Counts from Start of Music

Walk, Walk, Out, Out, In, Cross, ¼ Turn, ½ Turn, Coaster Step

1,2 Walk forward right, left
&3&4 Step out right, step out left, step in right, cross left over right
5,6 ¼ turn right stepping forward on right, ½ turn right stepping back on left
7&8 Step back on right, together with left, step forward on right (9.00)

Toe Switches Forward and Side, Back Rock (With Prep), 1 ¼ Turn

1&2& Touch left toe forward, step left in place, touch right toe to side, step right in place
3&4 Touch left toe to side, step left in place, touch right toe forward
5,6 Rock back on right angling body to right (preparing to turn), recover onto left straightening up
7&8 ½ turn left stepping back on right, ½ turn left stepping forward on left, ¼ turn left stepping right to side (6.00)

Back Rock Side, Weave, Side, Sailor ¼ Right, Step

1&2 Rock back on left, recover onto right, step left to side
3&4 Cross right behind left, step left to side, cross right over left
5,6&7 Step left to side, cross right behind left, step left next to right making ¼ turn right, step right in place
8 Step forward on left (9.00)

Kick Ball Point x2, Cross, ¼ Right, Coaster Step

1&2 Kick right foot forward, step onto right, point left to side
3&4 Kick left foot forward, step onto left, point right to side
5,6 Cross right over left, make ¼ turn right stepping back on left
7&8 Step back on right, step left next to right, step forward on right (12.00)

Ball Step Touch, Ball Heel, Ball Touch, Walk Back, Sailor ½ Left Cross

&1,2 Step left next to right, step forward on right, touch left next to right
&3&4 Step left in place, touch right heel forward, step right in place, touch left next to right
5,6 Walk back left, right
7&8 Cross left behind right making ¼ turn left, step right in place making ¼ turn left, cross left over right (6.00)

*RESTART: Wall 5 Restart Here (Facing 6.00)

Side Rock, Weave, Side Rock, Sailor ½ Left Cross

1,2 Rock right to side, recover onto left
3&4 Cross right behind left, step left to side, cross right over left
5,6 Rock left to side, recover onto right
7&8 Cross left behind right making ¼ turn left, step right in place making ¼ turn left, cross left over right (12.00)

Ball Cross, Toe Switches, ½ Monterey Turn, Side Mambo, Touch, Step Back

&1,2 Step right to side, cross left over right, point right to side
&3,4 Step right next to left, point left to side, make ½ turn left stepping left next to right
5&6 Rock right to side, recover onto left, step forward on right
7,8 Touch left toe forward, step back on left (6.00)

Coaster, Mambo ½ Turn, Shuffle ½ Turn, Back Rock, Ball Step

- 1&2 Step back on right, step left next to right, step forward on right
3&4 Rock forward on left, recover onto right, make ½ turn left stepping forward on left
5&6 Make ¼ turn left stepping right to side, slide left up to right, make ¼ turn left stepping back on right
7,8& Rock back on left, recover onto right, step left next to right (6.00)

RESTART: ON Wall 5 Restart After 40 Counts (Walk Back, Sailor ½ Left). You Will Restart Facing 6.00 O'Clock Wall
