

# Be the One

**Count:** 32

**Wall:** 4

**Level:** High Beginner

**Choreographer:** Jan Brookfield (UK) - May 2021

**Music:** Be The One - Michael Ball



**Dance starts after 19 secs on main vocals.**

**Section 1 : KICK-BALL-STEP, WALK x 2, SIDE ROCK, RECOVER, BEHIND, SIDE**

1&2,3,4      Kick R forward, step R back in place, step L forward; walk forward on R,L  
5,6,7,8      Rock R to right side, recover onto L, step R behind L, step L to left side

**Section 2 : JAZZ BOX, CROSS; SIDE, TOUCH, SWAY x 2**

1,2,3,4      Step R across L, step L back, step R to right side, step L across R  
5,6      Step R to right side, touch L next to R  
7,8      Step L out to left side swaying hips left, recover weight onto R swaying hips right

**Section 3 : CHASSE ¼ TURN, STEP, HALF PIVOT, WALK FORWARD x 3, POINT**

1&2      Chasse on L,R,L making a quarter turn left (facing 9 o'clock)  
3,4      Step R forward, pivot half turn left (weight now on L)  
5,6,7,8      Walk forward on R,L,R, point L to left side (now facing 3 o'clock)

**Section 4 : BACK, POINT, ROCK BACK, RECOVER, CHASSE ½ TURN, BACK, TOUCH**

1,2      Step L back, point R to right side  
3,4      Rock R back, recover onto L  
5&6      Chasse on R,L,R making a half turn over left shoulder  
7,8      Step L back, touch R next to L (now facing 9 o'clock)

**START OVER**

---