

# Be Yourself

Count: 32

Wall: 2

Level:

Choreographer: Kim McCloughan (AUS) - August 2016

Music: Be Yourself - Sarahbeth Taite : (Album: Sarahbeth Taite - EP)



**Original Position: Feet Together Weight On Left Foot**

**This Dance Is Done On Two Directions. Introduction: 16 Beats**

## **Heel Grind, Coaster, Pivot ½, Pivot ½**

- 1-2 Heel Grind: Rock Forward On R Heel Arcing Toe Out To The Side.
- 3&4 Coaster: Step R Back, Step L Together, Step R Forward.
- 5-6 Pivot ½: Step L Forward, Turn 180 Degrees Right, Take Weight Onto R.
- 7-8 Pivot ½: Step L Forward, Turn 180 Degrees Right, Take Weight Onto R.

## **Cross, Side, Sailor, Cross ¼ Turn, ½ Turn Shuffle**

- 1-2 Step L Foot Over Right, Step R To The Side.
- 3&4 Sailor Step: Step L Foot Behind Right, Step R To The Side, Step L Foot To The Side.
- 5-6 Step R Foot Over Left, ¼ Turn Right Step Back On Left Foot.
- 7&8 ½ Turn Shuffle: Step R Forward, Step L Together, Step R Forward

## **Forward Together, Forward Together, ½ Pivot, Shuffle Forward**

- 1-2& Step Forward Onto L Foot, Rock Back Onto R Foot, Step L Foot Together.
- 3-4& Step Forward Onto R Foot, Rock Back Onto L Foot, Step R Foot Together.
- 5-6 Pivot ½: Step L Forward, Turn 180 Degrees Right, Take Weight Onto L.
- 7&8 Shuffle Forward: Stepping L R L.

## **½ Turn, ¼ Turn, Cross Rock, Step, Cross Side, Behind Side Cross**

- 1-2 ½ Turn Left Step Back On R Foot, ¼ Turn Left Step L Foot To The Side.
- 3-4& Cross R Foot Over Left, Rock Back Onto L Foot, Step R Foot To The Side.
- 5-6 Step L Foot Over Right, Step R Foot To The Side.
- 7&8 \* Step L Foot Behind Right, Step R Foot To The Side, Step L Foot Over Right.

## **[32] Repeat The Dance In New Direction**

**Tag: At The End (\*) Of Wall 4 (Front) Add The Following Tag Then Restart Dance.**

- 1-2 Step R Foot To The Side Pushing Hips R, Push Hips To Left.
  - 3-4 Push Hips To R, Push Hips To Left.
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