

BE YOURSELF

SONG: "Be yourself" By Sarahbeth Taite

ALBUM: Sarahbeth Taite (EP)

ORIGIANL POSITION: Feet together weight on left foot

CHOREOGRAPHER: Kim McCloughan Mudgee NSW August 2016

BEATS	STEPS: 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 FORWRAD: 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.