

BE YOURSELF

LINEDANCE.COM

Count: 32

Wall: 4

Level: intermediate

Choreographer: Larry Hayden

Music: Be Yourself by Morcheeba

KICK AND POINT X 3, SAILOR HALF TURN

- 1&2** Kick right forward, recover onto right, point left to left side
- 3&4** Kick left forward, recover onto left, point right to right side
- 5&6** Kick right forward, recover onto right, point left to left side
- 7&8** Left sailor with $\frac{1}{2}$ turn left

CROSS UNWIND, COASTER, WIZARD STEPS TWICE

- 1-2** Cross right over in front of left, unwind $\frac{3}{4}$ turn left
- 3&4** Left coaster (back)
- 5-6&** Step diagonally forward on right, lock left up behind right, step slightly forward on right
- 7-8&** Step diagonally forward on left, lock right up behind left, step slightly forward on left

SLIDE, SAILOR CROSS, ROCK AND CROSS, UNWIND $\frac{1}{2}$ TURN, COASTER

- 1** Take a large step to the right with the right
- 2&3** Step left behind right, step right to right side, cross left in front of right
- 4&5** Rock right to right side, recover onto left, cross right over in front of left
- 6** Unwind $\frac{1}{2}$ turn left
- 7&8** Right coaster (back)

SHUFFLE FORWARD, STEP PIVOT STEP, WHOLE TURN (WALKS), WHOLE TURN (SHUFFLE)

- 1&2** Left shuffle forward (cha-cha)
- 3&4** Step forward on right, $\frac{1}{2}$ pivot left, step forward on right
- 5-6** Turning $\frac{1}{2}$ turn right step back on left, turning a further $\frac{1}{2}$ turn right step forward on right (alternative - two walks forward left then right)
- 7&8** Turning $\frac{1}{2}$ turn right step back on left, turning a further $\frac{1}{2}$ turn right step forward on right, step forward on left (alternative - shuffle forward left, right, left)

REPEAT

TAG

On wall 4 you will dance the dance up to count 16& (the 2nd set of wizard steps). Then add this tag

WHOLE MONTEREY OR 4 HIP BUMPS

1-2 Point right to right side, turn a whole turn over right shoulder, bringing right toe next to left foot- weight on right

3-4 Point left to left side, step left next to right, weight on left

Or

1-4 Four hops bumps right, then left, then right, then left

Start again from the beginning