

# Be Yourself

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** Beginner / Intermediate Country

**Choreographer:** Antonio Manigas - November 2020

**Music:** - Sarahbeth Taite

**Sequence : wall 1, wall 2, wall 3, wall 4, Tag 1, wall 5, wall 6 (16 c.),R. wall 7 ,Tag 2, wall 8 , wall 9 (25 c.)**

## **S1) STOMP R.,RECOVER L.,SHUFFLE BACK R.,COASTER STEP,KICK BALL CHANGE**

- 1 - 2** Step Right Forward And Stomp , Recover To Left Step
- 3 & 4** Step Right Backward , Step Left Beside Right , Step Right Backward
- 5 & 6** Step Left Backward , Step Right Beside Left , Step Left Forward
- 7 & 8** Kick Right Forward , Onto Ball Step Right Beside Left , Replace Step Left Onto Floor

## **S2) TURN ¼ L. CHASSE' R.,TURN ¼ L. SAILOR L.,TURN ¼ L. CHASSE' R.,CROSS & SHUFFLE L.**

- 1 & 2** Turn ¼ (09:00) To Left Side And Step Right To Right Side , Step Left Beside Right , Step Right To Right Side
- 3 & 4** Turn ¼ (06:00) To Left Side And Step Left Backward And Cross Behind Right , Step Right To Right Side , Step Left Beside Right
- 5 & 6** Turn ¼ (03:00) To Left Side And Step Right To Right Side , Step Left Beside Right , Step Right To Right Side
- 7 & 8** Cross Shuffle Left On Right Travelling To Right

## **S3) ROCK RECOVER,CROSS&CROSS,ROCK RECOVER,SHUFFLE BACK L.**

- 1 - 2** Step Right To Right Side , Recover On The Left
- 3 & 4** Step Right Cross Behind Left , Step Left To Left Side , Step Right Cross Over Left
- 5 - 6** Step Left To Left Side , Recover On The Right
- 7 & 8** Step Left Backward , Step Right Beside Left , Step Left Backward

## **S4) COASTER STEP,SHUFFLE L.,PIVOT,ROCK RECOVER**

- 1 & 2** Step Right Backward , Step Left Beside Right , Step Right Forward
- 3 & 4** Step Left Forward , Step Right Beside Left , Step Left Forward
- 5 - 6** Step Right Forward , Turn ½ (09:00)

7 - 8 Step Right Forward , Recover On The Left

**ATTENTION!!!!!!LAST WALL ONLY 3 SEQUENCES ... SEQUENCE 3 MODIFIED(ONLY LAST WALL)**

**S3 MOD) ROCK RECOVER,CROSS&CROSS,ROCK RECOVER,COASTER STEP,STOMP R.**

1 - 2 Step Right To Right Side , Recover On The Left

3 & 4 Step Right Cross Behind Left , Step Left To Left Side , Step Right Cross Over Left

5 - 6 Step Left To Left Side , Recover On The Right

7 & 8 Step Left Backward , Step Right Beside Left , Step Left Forward

1 Stomp Right

### **TAG 1**

#### **T1) ROCK IN CHAIR BACK**

1 - 2 Step Right Backward , Return To Left

3 - 4 Step Right Forward , Return To Left

### **TAG 2 (STARTING TAG 2 AT 09:00 .. OR SECOND WALL)**

**T2,1) DIAGONALLY LONG STEP,HOLD,TOUCH L.,HOLD,DIAGONALLY LONG STEP,HOLD,TOUCH R.,HOLD**

1 - 2 Diagonally Forward Long Step Right , Hold

3 - 4 Touch Left Toe Behind Right , Hold

5 - 6 Diagonally Backward Long Step Left , Hold

7 - 8 Touch Right Toe Behind Left , Hold

**T2,2) TURN ¼ DIAGONALLY LONG STEP,HOLD,TOUCH L.,HOLD,DIAGONALLY LONG STEP,HOLD,TOUCH R.,HOLD**

1 - 2 Turn ¼ To Right Side (00:00) Diagonally Forward Long Step Right , Hold

3 - 4 Touch Left Toe Behind Right , Hold

5 - 6 Diagonally Backward Long Step Left , Hold

7 - 8 Touch Right Toe Behind Left , Hold

**ATTENTION: Restart after 5th repetition**

**Last Update - 21 Nov. 2020**

**228D83378**

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