

Be The One

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Annemaree Sleeth (Australia) /August 2016

Music: Be The One by Du Lipa Single : iTunes - 3.23 - BPM App 88

**Intro Dance Starts On Lyrics 16 Counts Dance Travels Clockwise To The Right - No Tags
No Restarts**

**SEC 1 [1 - 8] DIAG TOE STRUTS OUT TWICE , COASTER, STEP, LOCK, STEP, STEP ¼
PIVOT, CROSS**

- 1& 2 &** Step R Toe Diag Fwd, Drop R Heel , Step L Toe Diag Fwd , Drop L Heel
- 3 &4** Step R Back, Step L Together , Step R Forward
- 5 &6** Step L Forward, Lock R Behind, Step L Forward
- 7 &8** Step R Forward, Pivot ¼ L, Cross R Over L - (9.00)

Easier Option 1 - 2 Step R Diag Fwd & Out Step L Diag Fwd & Out

**SEC 2 [9 - 16] SIDE, CROSS SIDE, HEEL, TOGETHER, CROSS, 1/4 BACK, SWEEP
SAILOR , BACK, RECOVER, FORWARD**

- 1&2&** Step L Side, Cross R Over L , Step L Side, Tap R Heel R Diagonal
- 3 &4&** Step R Together, Cross L Over R, Turning ¼ L Step R Back , Sweep L Around L (6.00)
- 5 &6** Cross L Behind R, Step R Side , Step L Side
- 7 &8** Rock R Back , Recover L, Step R Forward

**SEC 3 [17 - 24] STEP, ½ PIVOT, SCISSOR, TOE STRUTS, CROSS TOE STRUT, SIDE
RECOVER CROSS**

- 1 - 2** Step L Fwd, Pivot ½ R (Wgt R) Bending Low as You Turn (12.00)

Ending Here

- 3& 4** Step L Side, Step R Together, Cross L Over R
- 5&6&** Step R Toe Side, Drop R Heel, Cross L Toe Over R, Drop L Heel
- 7 &8** Step R Side, Recover L, Cross R Over L (12 .00)

Option Only Feel free to make counts 7&8 R Scissor Step

SEC 4 [25 - 32] $\frac{3}{4}$ Circle Left, / WALK, DRAG X, TRIPLE,

WALK X 2, SIDE, RECOVER, TOUCH

Note: The next 8 counts will $\frac{3}{4}$ circle around to the left to end up facing 3:00 -

1& 2& In an arc: Step L forward, Drag R up To L, Step R forward, Drag L Up To R

3&4& In an arc: Step L forward Step R Together, Step L forward, Drag R Up To L

5 - 6 In an arc: Step R forward, Step L forward

7&8 Rock R Side, Recover L, Touch R Together (3.00)

Easier Option $\frac{3}{4}$ Arc Left 1 - 4 Walk L, Walk R, Triple L,R,L, Walk R, Walk L, Side, Recover, Touch

To Finish Wall To Front Wall

Wall 9 (12.00) Dance 18 Counts Up To Sec 3 Counts 1 - 2 Step $\frac{1}{2}$ Pivot, and Pose

I Am Choosing To Dance Through Any Restarts You May Hear

Youtube Site : Annemaree Sleeth. Inlinedancing@gmail.com

Last Update - 16th Aug 2016