

# Be Champions

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

**Choreographer:** Justine Brown (Sept 2012)

**Music:** The Script... Ft Will I Am – Hall of fame

## 32 Count Intro, count first 16, - Start Dance On Vocal

### Section 1: Mambo Rock - Triple $\frac{1}{2}$ Turn - Step $\frac{1}{4}$ - Weave Right

- 1 & 2**      Left Rock Forward, Recover Onto Right, Step Left Back.
- 3 & 4**      Turn  $\frac{1}{2}$  Right - Stepping (Right-Left-Right)
- 5 & 6**      Step Left Forward , Pivot  $\frac{1}{4}$  Right, Cross Left Over Right
- & 7 & 8**    Step Right To Right Side, Step Left Behind Right, Step Right To Right Side, Cross Left Over Right
- &**            Recover The Weight Back On The Right Foot

### Section 2: Night Club Basic - Side - Behind - $\frac{1}{4}$ Left - Step Forward - Pivot $\frac{1}{2}$ - Step Forward

- 1 - 2 &**    Long Side Step Left, Rock Right Behind Left, Recover Weight Onto Left
- 3 - 4 &**    Long Side Step To Right, Rock Left Behind Right, Recover Weight Onto Right
- 5 & 6**      Step Left To Left Side, Cross Right Behind, Turn  $\frac{1}{4}$  Stepping Left Forward
- 7 & 8**      Step Right Forward, Pivot  $\frac{1}{2}$  Left, Step Right Forward

### Section 3: Walk - Walk - Scuff Hitch Step - Mambo Rock - Step Back - Point

- 1 - 2**      Walk Forward Left, Walk Forward Right
- 3 & 4**      Scuff Left Forward, Hitch Left Knee (Coming Up On Right Toe For Styling), Step Left Forward
- 5 & 6**      Rock Right Forward, Recover Weight Onto Left, Step Back On Right
- 7 - 8**      Step Back On Left (Placing It Slightly Behind Right Diagonal Angle) - Point Right To Side

### Section 4: Heel Jack - Cross - Side - Step/Sweep - Cross - Turn $\frac{1}{4}$ - Coaster Step.

- 1 & 2**      Cross Right Over Left - Step Left To Left Side - Touch Right Heel Forward
- & 3 -&**    Step Right Beside Left, Cross Left Over Right, Step Right To Right Side
- 4**          Step Left Foot In Place While Sweeping Right Foot Round In Front Of Left
- 5 - 6**      Cross Right Over Left,  $\frac{1}{4}$  Turn Stepping Back Onto Left

**On final wall, (facing 9.00 your on section 3.. step back turning  $\frac{1}{4}$  to the front and end with right toe pointed to side)**

**Be students-Be teachers-Be politicians-Be preachers-Be believers-Be leaders-Be astronauts-Be champions-Be true seekers**

**Be yourself!**

**Personal note: My 15 year old daughter left a post-it on my PC saying "Mum you need to write a dance to this track" I fell in love with the music, you can almost feel the song 'breathing'. Don't rush the dance, enjoy it and get lost in the music , like my daughter and I did.. This is an improver level dance, but if you like the feel of the routine and want to make it more challenging there are a few extra tips on the tail end of the video..**

**Contact: [www.justinebrown.co.uk](http://www.justinebrown.co.uk)**