

Be The One

32 Count, 2 Wall, Improver

Choreographer: Roz Chaplin & David Sinfield (UK) Jan 2014

Choreographed to: I Could Be The One by Glenn Templeton
(Single) (125 bpm)

32 Count Intro

DIAGONAL ROCKING CHAIR, SIDE ROCK, BEHIND, SIDE

- 1-2 Cross rock right over left, recover onto left
- 3-4 Rock back diagonally on right, recover onto left
- 5-6 Rock right to right side, recover onto left
- 7-8 Cross right behind left, step left to left side

SIDE, TOGETHER, BACK, HOLD x2

- 1-2 Step right to right side, close left beside right
- 3-4 Step back on right, Hold
- 5-6 Step left to left side, step right beside left
- 7-8 Step back on left, Hold

LOCK STEP BACK, COASTER STEP, SCUFF

- 1-2 Step back on right, lock left in front of right
- 3-4 Step back on right, kick left forward
- 5-6 Step back on left, step right beside left
- 7-8 Step left slightly forward, scuff right forward

JAZZ BOX ½ TURN, KICK, STEP, KICK, STEP, STOMP

- 1-2 Cross right over left, step back on left turning ¼ turn
- 3-4 Step forward making ¼ turn on right, kick left forward (6)
- 5-6 Sep back on left, kick right forward
- 7-8 Step back on right, stomp left beside right (taking weight)