Be Yourself

32 count, 4 wall, intermediate level
Choreographer: Larry Hayden (UK) March 2006
Choreographed to: Be Yourself by Morcheeba, Parts
of the Process (110 bpm)

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 ½ turn left

Cross unwind, coaster, Wizard steps x 2

1,2	Cross right over in front of left, unwind ¾ 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 ½ 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 ½ 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, ½ pivot left, step forward on right
5,6	Turning ½ turn right step back on left, tuning a further ½ turn right step forward on right

Alternative – two walks forward left then right

7&8	Turning ½ turn right step back on left, tuning a further ½ turn right step forward on right, step forward on left (alternative – shuffle forward left, right, left)

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	four hops bumps right, then left then right then left

Start again from the beginning