



Web site: [www.linedancerweb.com](http://www.linedancerweb.com)

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## Be The One

32 Count, 4 Wall, Improver

Choreographer: Annemaree Sleeth (AU) Aug 2016

Choreographed to: Be The One by Du Lipa

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**Intro: Dance Starts On Lyrics 16 Counts Dance Travels Clockwise To The Right**

**No Tags, No Restarts**

**Section 1: 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**

**Section 2: 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

**Section 3: 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**

**Section 4: ¾ Circle Left, / Walk, Drag X, Triple, Walk X 2, Side, Recover, Touch**

**Note: The next 8 counts will ¾ 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 ¾ 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 ½ Pivot, and Pose**

**I Am Choosing To Dance Through Any Restarts You May Hear**

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