



Dance: **Be The One**  
 Type: 32 Count, 4 Wall, High Beginner  
 Choreographer: Jan Brookfield (UK), May 2021  
 Choreographed to: Be The One by Michael Ball (125 bpm, 3:48 min)

Intro: Start after count 8

<b>Section 1</b>	<b>Kick-Ball Step, Walk x 2, Side Rock, Behind, Side</b>	
1&2	Kick right forward. Step ball of right beside left. Step left forward	Kick-ball step
3,4	Walk forward stepping right, left	Walk, walk
5,6	Rock to side on right. Recover on left	Side rock
7,8	Cross right behind left. Step left to left side	Behind, side
<b>Section 2</b>	<b>Jazz Box Cross, Side Touch, Sway x 2</b>	
1-4	Cross right over left. Step left back. Step right to right side. Cross left over right	Cross, back, side, cross
5,6	Step right to right side. Touch left beside right	Side, touch
7,8	Step left to left side and sway left. Sway right	Sway, sway
<b>Section 3</b>	<b>Chasse 1/4 Left, Step Pivot 1/2, Walk x 3, Point</b>	
1&2	Step left to left side. Step right beside left. Step left 1/4 turn left (9:00)	Left chasse turn
3,4	Step right forward. Pivot 1/2 turn left (3:00)	Step, pivot
	<i>Non-turning steps 1-4: Chasse 1/4 Left, Back Rock</i>	
1&2	<i>Step left to left side. Step right beside left. Turn 1/4 turn right stepping left back (3:00)</i>	<i>Left chasse turn</i>
3,4	<i>Rock back on right. Recover on left</i>	<i>Back rock</i>
5-8	Walk forward stepping right, left, right. Point left to left side	Walk, walk, walk, point
<b>Section 4</b>	<b>Back Point, Back Rock, 1/2 Shuffle, Back Touch</b>	
1,2	Step left back. Point right to right side	Back, point
3,4	Rock back on right. Recover on left	Back rock
5&	Turn 1/4 left stepping right to right side. Step left beside right	Half shuffle
6	Turn 1/4 left stepping right back (9:00)	
7,8	Step left back. Touch right beside left	Back, touch