

Countryfriends83

Ecole de Danse

BE MINE

Count : 32 Wall : 4 Level : Improver
Choreographer : Magali Chabret & Sébastien Bonnet March 2017
Music : Be mine par Ofenbach November 2016

32 counts intro

S1 : WALK R/L, SYNCOPATED ROCK, CROSS, SWIVEL ¼ L, SWIVEL ¼ R, SWITCH, FWD ROCK

- 1-2 Step Rf forward – step Lf forward
&3-4 Rock Rf to right side – recover onto Lf – cross Rf over Lf
5-6 Swivel both heels to right making 1/4 turn left – swivel both heels to left making 1/4 turn right (weight on Lf) (12:00)
&7-8 Step ball of Rf beside Lf – Rock Lf forward – recover onto Rf

S2 : SWITCH, POINT, STEP BACK, TOE SWITCHES, CROSS, UNWIND ¾ TURN L

- &1-2 Step ball of Lf beside Rf – point right toe back (option body roll) – step down on Rf
&3-4 Step ball of Lf beside Rf – point right toe to right side – hold
&5 Step ball of Rf beside Lf – point left toe to left side
&6 Step ball of Lf beside Rf – cross Rf over Lf
7-8 Unwind 3/4 turn left for 2 counts, weight ends on Lf (3:00)

S3 : BALL CROSS, HOLD, BALL CROSS, HOLD, SIDE ROCK, TOGETHER, SIDE, KNEE POP

- &1-2 Small step Rf to right side – cross Lf over Rf – hold
&3-4 Small step Rf to right side – cross Lf over Rf – hold
5-6 Rock Rf to right side – recover onto Lf
&7 Step Rf next to Lf – step Lf out to left side
8 Bounce both heels

S4 : MONTEREY ¼ TURN R, L KICK BALL STEP, ¼ R, DRAG

- 1-4 Point Rf to right side – 1/4 turn right stepping Rf next to Lf – point Lf to left side – touch Lf beside Rf (6:00)
5&6 Kick Lf forward – step ball of Lf next to Rf – step Rf forward
7-8 1/4 turn right with a long step Lf to left side – drag Rf next to Lf, weight on Lf (9:00)

Tag : at the end of 7th wall (facing 3:00) :

- 1-4 Press right toe forward during 3 counts – recover onto Lf by lifting Rf (as if you were doing a kick)

Cathy MERIOT - Choréographe / Instructor

106 I chemin des Jardins

83920 LA MOTTE en PROVENCE

tél : 06.61.17.10.82 courriel : cathy.meriot83@sfr.fr

www.countryfriends83.fr