



Nom : I BE U BE

Chorégraphe : Grundrun Schneider  
Contact : [gudrun@gudrun-schneider.com](mailto:gudrun@gudrun-schneider.com)  
Compte :48 Murs :4 Niveau : interm.  
Musique : I beU be de High Valley  
Album : Dear Life  
Rythme :  
Danse soumise par : *Inter-Clubs Country du Grand Est*

ICCGE 2016-2017

**SECT-1 SHUFFLE FORW., SHUFFLE ½ R, ROCK BACK, HEEL-BALL-CROSS**

- 1&2 RF step forward, LF step beside, RF step forward  
3&4 LF ¼ right step side, RF step beside, LF ¼ right step back (6:00)  
5-6 RF rock back, LF recover  
7&8 RF heel diagonally forward, step on ball of RF, LF step cross

**SECT-2 ROCK SIDE, ROCK BACK, JAZZ BOX**

- 1-2 RF rock side, LF recover  
3-4 RF rock back, LF recover  
5-6 RF cross, LF step back  
7-8 RF step side, LF step forward

**SECT-3 SHUFFLE FWD, HEEL GRIND ¼ L, ROCK BACK, STEP ½ R**

- 1&2 RF step forward, LF step beside, RF step forward  
3-4 LF ¼ turn on heel left (3:00)  
5-6 LF rock back, RF recover  
7-8 LF step forward, RF+LF ½ turn right (9:00)

**SECT-4 STEP ¼ TURN, CROSS SHUFFLE, ROCK SIDE, BEHIND, SIDE**

- 1-2 LF step forward, RF+LF ¼ turn right (12:00)  
3&4 LF cross over, RF step side, LF cross over  
5-6 RF rock side, LF recover  
7-8 RF behind LF, LF step side

**RESTART** wall 2, 4, 6, 8, 9, 10

**SECT-5 ROCK FWD, SAILOR TURNING ¼ R, ROCK STEP & ROCK STEP**

- 1-2 RF rock forward, LF recover  
3&4 RF cross behind LF – ¼ turn right, LF step next to RF – RF step forward (3:00)  
5-6 LF rock forward, RF recover  
&7-8 LF step beside RF, RF rock forward, LF recover

**SECT-6 SHUFFLE BACK, TOUCH UNWIND ½ L, JAZZBOX**

- 1&2 RF step back, LF step beside, RF step back  
3-4 LF touch behind, RF + LF ½ left (9:00)  
5-6 RF cross, LF step back  
7-8 RF step side, LF step forward

**RESTARTS: On wall 2, 4, 6, 8, 9, 10 - after 32 count**

**TAG - after 1st and 5th wall HEEL, HOOK 1-2 R heel diagonally forward, hook RF cross LF**  
**Have Fun**