

# Be You & Shine

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Ira Barie (INA) - September 2026

**Music:** Be you and shine - Souls to sounds



## Intro 32 count

### I. Side, Touch Knee In, Touch Knee Out, Diag Kick, Back Mambo, Modified Rocking Chair, Cross, 1/4R, Side

- 12&3 Big step R to side, touch L beside R (knee in), touch L beside R (knee out), kick on L diagonal
- 4&5 Step L backward, step R in place, step L forward
- 6&7& Step R cross over L, recover on L, step R to side, recover on L
- 8&1 Step R cross over L, 1/4 turn R stepping L back, step R to side (3.00)

### II. Walk, Walk, Forward Mambo, Back, Point, 1/4L

- 2-3 Step L forward, step R forward
- 4&5 Step L forward, recover on R, step L backward
- 678 Step R backward, point on L backward, 1/4 turn L (weight on R) (12.00)

### III. Sailor, 1/4R Sailor, Forward, 1/4R, Together, Side, Recover

- 1&2 Step L behind R, step R in place, step L to side
- 3&4 Step R behind L, step L in place, 1/4 turn R stepping R forward (3.00)
- 56& Step L forward, 1/4 turn R stepping R to side, step L beside R (6.00)
- 78& Step R to side, recover on L, step R beside L

### IV. 1/4L, Forward, 1/2L Pivot, Scissor, Hold, Side, Cross, 1/4L, Forward

- 123 1/4 turn L stepping L forward, step R forward, 1/2 turn L stepping L forward (9.00)
- 4&5 1/4 turn L stepping R to side, step L beside R, step R cross over L (6.00)
- 6&78 Hold, step L to side, step R cross over L, 1/4 turn L stepping L forward (3.00)

**Restart on wall 2 after 16c**

**Change step 7-8 on section 2 : (7) step L backward and turning 1/4 L, (8) touch on R**

**Restart on wall 5 after 24c**

**Change step 8 on section 3 : step L beside R**