

# Be Champions

**Count:** 32    **Wall:** 4    **Level:** Improver

**Choreographer:** Justine Brown (Sept 2012)

**Music:** The Script... Ft Will I Am – Hall of fame

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## 32 Count Intro, count first 16, - Start Dance On Vocal

### Section 1: Mambo Rock - Triple ½ Turn – Step ¼ - Weave Right

- 1 & 2            Left Rock Forward, Recover Onto Right, Step Left Back.
- 3 & 4            Turn ½ Right – Stepping (Right-Left-Right)
- 5 & 6            Step Left Forward , Pivot ¼ Right, Cross Left Over Right
- & 7 & 8           Step Right To Right Side, Step Left Behind Right, Step Right To Right Side, Cross  
Left Over Right
- &                Recover The Weight Back On The Right Foot

### Section 2: Night Club Basic – Side – Behind – ¼ Left – Step Forward – Pivot ½ - Step Forward

- 1 – 2 &           Long Side Step Left, Rock Right Behind Left, Recover Weight Onto Left
- 3 – 4 &           Long Side Step To Right, Rock Left Behind Right, Recover Weight Onto Right
- 5 & 6            Step Left To Left Side, Cross Right Behind, Turn ¼ Stepping Left Forward
- 7 & 8            Step Right Forward, Pivot ½ Left, Step Right Forward

### Section 3: Walk – Walk – Scuff Hitch Step – Mambo Rock – Step Back - Point

- 1 - 2            Walk Forward Left, Walk Forward Right
- 3 & 4            Scuff Left Forward, Hitch Left Knee (Coming Up On Right Toe For Styling), Step Left  
Forward
- 5 & 6            Rock Right Forward, Recover Weight Onto Left, Step Back On Right
- 7 – 8            Step Back On Left (Placing It Slightly Behind Right Diagonal Angle) – Point Right To  
Side

### Section 4: Heel Jack – Cross - Side – Step/Sweep – Cross – Turn ¼ – Coaster Step.

- 1 & 2            Cross Right Over Left – Step Left To Left Side – Touch Right Heel Forward
- & 3 -&           Step Right Beside Left, Cross Left Over Right, Step Right To Right Side
- 4                Step Left Foot In Place While Sweeping Right Foot Round In Front Of Left
- 5 – 6            Cross Right Over Left, ¼ Turn Stepping Back Onto Left
- 7 & 8            Step Right Back, Step Left Together, Step Right Forward

**On final wall, (facing 9.00 your on section 3.. step back turning ¼ to the front and end with right toe pointed to side)**

**Be students-Be teachers-Be politicians-Be preachers-Be believers-Be leaders-Be astronauts-  
Be champions-Be true seekers  
Be yourself!**

**Personal note: My 15 year old daughter left a post-it on my PC saying "Mum you need to write**

**a dance to this track" I fell in love with the music, you can almost feel the song 'breathing'. Don't rush the dance, enjoy it and get lost in the music , like my daughter and I did.. This is an improver level dance, but if you like the feel of the routine and want to make it more challenging there are a few extra tips on the tail end of the video..**

**Contact: [www.justinebrown.co.uk](http://www.justinebrown.co.uk)**