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Be Here Now

Choreographer : Marianne Langagne & Elsa Hourdequin

Level : High Beginner

Counts : 32

Type of dance : 2 Wall

Intro : 32 counts, start on lyrics

Music : Be Here Now – by Will Banister

1 Restart (Wall 5)

S1 ROCK STEP , COASTER STEP, STEP ½ TURN R , SHUFFLE FWD

- 1-2 RF Fwd, Recover on LF
- 3&4 RF Back, Together, RF Fwd
- 5-6 LF Fwd, ½ Turn R (Weight on RF) 6.00
- 7&8 LF Fwd, Together, LF Fwd

HERE RESTART 5TH Wall facing 6.00

S2 STEP, L POINT TO L , POINT FWD , SIDE , ROCK BACK , KICK BALL CROSS

- 1 RF Fwd
- 2-3 L Point to the L, L Point Fwd
- 4 LF to the L
- 5-6 RF Back, Recover on LF
- 7&8 Kick RF , Together, Cross LF over RF

S3 SIDE ROCK , CROSS SHUFFLE, SIDE ROCK, BACK STEP LOCK STEP

- 1-2 RF to the R, Recover on LF
- 3&4 Cross RF over LF, LF to the L, Cross RF over LF
- 5-6 LF to the L, Recover on RF
- 7&8 LF Back, Cross RF over LF (Lock), LF Back

S4 BACK R- L * , COASTER STEP, SIDE ROCK, ROCK STEP &

- 1-2 RF Back, LF Back * (Option- Back Full Turn : ½ Turn R – RF Fwd, ½ Turn R – LF Back)
- 3&4 RF Back, Together, RF Fwd
- 5-6 LF to the L, Recover on RF
- 7-8 LF Fwd, Recover on RF & LF next to RF

Final : The Dance ends at count 8 (6.00). Continue with RF Fwd, ½ Turn L (12.00), RF Fwd, Touch LF behind RF

Contact :

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