Be Her (P) (fr)

Count: 48
Level: Novice Partner
Choreographer: Suzanne Laverdière (CAN) & Marc Laliberté (CAN) - May 2026
Music: Be Her - Ella Langley

Indian position against OLOD.
The steps of the man and woman are identical unless otherwise indicated.
Intro: 16 counts

[1-8] M&F: SIDE, TOGETHER, SHUFFLE 1/4 TURN L, 1/4 TURN L, TOGETHER, SHUFFLE ¼ TURN R

1-2 Left foot on the left - Right foot next to the left foot
3&4 Shuffle left, right, left, making a 1/4 turn to the left LOD
Sweetheart's position versus LOD
5-6 A quarter turn to the left and right foot forward - left foot next to the right foot.
The man releases the contact with his left hand, lifts the contact with his right hand, and the woman passes underneath.
On step 6, assume the Reverse Indian position with your hands at the base of your hips.
7&8 Shuffle right foot, left foot, right foot, making a 1/4 turn to the right (LOD
Hammerlock position against LOD

[9-16] H: ROCK STEP, COASTER STEP, WALK, WALK, SHUFFLE FWD
F: ROCK STEP, COASTER STEP, 1/4 TURN R, 1/4 TURN R, SHUFFLE 1/2 TURN R

1-2 Rock of the left in front - Back on the right
3&4 Left foot behind - Right foot next to the left foot - Left foot in front
5-6 H: right in front - left in front
F: 1/4 turn right and right forward - 1/4 turn right and left behind RLOD
The man releases the contact with his left hand, lifts the contact with his right hand, and the woman passes underneath.
7&8 H: Shuffle right, left, right, while moving forward
F: Shuffle right foot, left foot, right foot, making a half turn to the right LOD
Out of 8, take the Sweetheart Position against LOD

[17-24] M&F: CROSS ROCK STEP, TOGETHER, CROSS ROCK STEP, TOGETHER, WALK, WALK, SHUFFLE FWD

1-2& Left foot rocked across in front of the right foot - Back onto the right foot - Left foot next to the right foot
3-4& Rock of the right foot crossed in front of the left foot - Return to the left foot - Right foot next to the left foot
5-6 Left foot forward - Right foot forward
7&8 Shuffle left foot, right foot, left foot, while moving forward

[25-32] H: ROCKING CHAIR, STEP, 1/4 TURN R, BEHIND, SIDE, CROSS
F: STEP, PIVOT 1/2 TURN L, STEP, PIVOT 1/2 TURN L, STEP, 1/4 TURN R, BEHIND, SIDE, CROSS

1-2 H: Rock of the right forward - Back on the left
F: Right forward - Pivot 1/2 turn left RLOD
The man releases the contact with his left hand, lifts the contact with his right hand, and the woman passes underneath.

3-4 H: Rock from right behind - Back on left
F: Right forward - Pivot 1/2 turn left
The man maintains contact with his raised right hand, and the woman moves underneath.
On point 4, we return to the Sweetheart position against LOD

5-6 Right forward - 1/4 turn right and left to the left OLOD
Indian position versus OLOD

7&8 Cross the right foot behind the left foot - left foot to the left - Cross the right foot in front of the left foot

RESTART At this point in the dance, in the 3rd repetition

[33-40] M&F: 1/4 TURN L AND SHUFFLE FWD, SHUFFLE 1/2 L, SHUFFLE 1/2 TURN L, SHUFFLE FWD

1&2 A quarter turn to the left and shuffle left foot, right foot, left foot, moving forward left foot
Sweetheart's position versus LOD

3&4 Shuffle right foot, left foot, right foot, making a half turn to the left.
The man releases the contact with his right hand, lifts the contact with his left hand, and passes underneath.

5&6 Shuffle left, right, left, making a half turn to the left LOD
The man maintains contact with his raised left hand and the woman moves underneath
On point 6, we return to the Sweetheart position against LOD

7&8 Shuffle right foot, left foot, right foot, while moving forward

[41-48] H: BEHIND, SIDE, SHUFFLE FWD, 1/4 TURN L, 1/2 TURN L, CROSS SHUFFLE
F: SIDE, TOGETHER, SHUFFLE BACK, SIDE, 1/4 TURN R, CROSS SHUFFLE

1-2 H; Cross the left foot behind the right foot - right foot to the right
F: Left foot on the left - Right foot next to the left foot
We switch sides, the man begins to lift the contact of his left hand

3&4 H: Shuffle left, right, left, moving forward
F: Shuffle left, right, left, backwards
The man releases the contact with his right hand, lifts the contact with his left hand, and the woman passes underneath.
On the fourth point, the man lowers the contact of his left hand.

5-6 H; 1/4 turn left and right forward - 1/2 turn left and left forward OLOD
F: Right to the right - 1/4 turn to the right and left in front of OLOD
The man turns in front of the woman and then positions himself behind her.
We take the Indian position against OLOD

7&8 Shuffle right foot, left foot, right foot, crossing the right foot in front of the left foot to the left

Let's start again…

RESTART On the 3rd repetition of the dance, do the first 32 counts and then start again from the beginning

Have a great dance!
Suzanne & Marc 💕