

# Be Champions

**Count:** 32      **Wall:** 4      **Level:** Improver  
**Choreographer:** Justine Brown (Sep 2012)  
**Music:** The Script... Ft Will I Am – Hall of fame



**32 Count Intro,**

**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 (little flick with right for styling)  
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' .Dont rush the dance, enjoy it and get lost in the music , like my daughter and i did.. This is a high 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)**