

Be Her

Count: 32

Wall: 0

Level: High Beginner

Choreographer: Victoria Nicholls (UK) - February 2026

Music: Be Her - Ella Langley



Begin dance after 16 Count intro

Section 1: FWD, TOUCH, BACK, HOOK, SHUFFLE FWD, ¼ TURN

- 1-2 Step forward on R (1), touch L next to R (2)
- 3-4 Step back on L (3), hook R across in front of L (4)
- 5 & 6 Step forward on R (5), step L next to R (&), step forward on R (6)
- 7 - 8 Step forward on L (7), pivot ¼ turn RIGHT (clockwise) taking weight onto R (8)

Section 2: CROSS, SIDE, BEHIND, POINT, JAZZ BOX ¼ TURN RIGHT

- 1-2 Cross L over R (1), step R to right side (2)
- 3-4 Step L behind R (3), point R to right side (4)
- 5-6 Cross R over L (5), step back on L (6)
- 7-8 Turn ¼ turn RIGHT (clockwise) stepping onto R (7), step forward on L (8)

****Restart here on walls 2 (facing 3 o clock and 4 facing 6 o clock)**

Section 3: SIDE, TOGETHER, SIDE, TOUCH (RIGHT & LEFT)

- 1-2 Step R to right side (1), step L next to R (2)
- 3-4 Step R to right side (3), touch L next to R (4)
- 5-6 Step L to left side (5), step R next to L (6)
- 7-8 Step L to left side (7), touch R next to L (8)

(Optional styling: merengue-style shoulders)

Section 4: CHASSÉ RIGHT, ROCK BACK, CHASSÉ LEFT ¼ TURN RIGHT, ROCK BACK

- 1 & 2 Step R to right side (1), step L next to R (&), step R to right side (2)
- 3-4 Rock back on L (3), recover weight onto R (4)
- 5 & 6 Step L to left side (5), step R next to L making ¼ turn right (&), step L to left side making ¼ turn right (6)
- 7-8 Rock back on R (7), recover weight onto L (8)

RESTART X 2

Restart after 16 counts (end of Section 2)

On Wall 2 and Wall 4

I'd like to dedicate this dance to my mam, Lesley Noone, who inspires me every day to be more like her ♥️☐