

# Best Foot Forward

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Terri Alexander (USA) - August 2007

Musik: Boogie Down - Al Jarreau



## Intro: 32 counts

- 1-8 Walk Forward R / L/ Mambo/ Walk Back L/ R/ Coaster**  
1-2 Walk forward R, L  
3&4 Rock forward on R, Recover weight to L, Step R beside L  
5-6 Walk back L, R  
7&8 Step back on L, Step R beside L, Step forward on L (12 o'clock)
- 9-16 R Side Mambo Cross/ L Side Mambo Cross/ Side R/ Step L Behind/ ¼ Shuffle**  
1&2 Rock R to R side, Recover weight to L, Cross step R over L  
3&4 Rock L to L side, Recover weight to R, Cross step L over R  
5-6 Step R to R side, Step L behind R  
7&8 Turning ¼ R Step R forward, Step L beside R, Step R forward (3 o'clock)
- 17-24 Rock/ Recover/ Back Shuffle/ ¼ Side Step/ Touch/ Side Step/ Touch**  
1-2 Rock forward on L, Recover weight back to R  
3&4 Step L back, Step R beside L, Step L back  
5-6 Turning ¼ R step R to R side, Touch L beside R  
7-8 Step L to L side, Touch R beside L (6 o'clock)
- 25-32 Step forward/ Kick/ Step Back/ Touch Back/ Step/ Pivot 1/4/ Toe Touches**  
1-2 Charleston-Step R forward, Kick L forward  
3-4 Step back on L, Touch R back  
5-6 Step R forward, Pivot turn ¼ L (L takes weight)  
7& Slide/touch right toe forward, slide/step right together  
8& Slide/touch left toe forward, slide/step left together (3 o'clock)

## Repeat

Wherever you are ? Crank it Up?and Dance!!!

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