

Best Thing (zh)

Count: 64

Wall: 4

Level: Improver

Choreographer: Frank Trace (USA) - 2011年01月

Music: The Best Thing About Me Is You - Ricky Martin & Joss Stone



前奏 : Start dance after 32 counts from the start of the music. 32拍後開始起跳

第一段 Rumba Boxes With Holds 倫巴方塊帶候

1-4 Step R to right side, step L next to R, step R forward, hold
右足右踏, 左足併踏, 右足前踏, 候

5-8 Step L to left side, step R next to L, step L back, hold
左足左踏, 右足併踏, 左足後踏, 候

第二段 Coaster Step, Hold, Step Lock Forward, Hold 海岸步 候, 前鎖步 候

1-4 Slow Coaster: Step R back, step L next to R, step R forward, hold
(慢的海岸步)右足後踏, 左足併踏, 右足前踏, 候

5-8 Step L forward, lock R behind L, step L forward, hold
左足前踏, 右足於左足後鎖踏, 左足前踏, 候

第三段 Chase ½ Turn Left, Hold, Full Turn Right, Hold 踏 轉 踏 候, 右三步轉圈 候

1-4 Step R forward, pivot 1/2 turn left, step R forward, hold (6:00)
右足前踏, 左軸轉180度, 右足前踏, 候(面向6點鐘)

5-8 Make a full turn right stepping L, R, L, hold
右三步轉圈-左, 右, 左, 候

第四段 Right Side Mambo, Hold, Left Side Mambo. Hold 右曼波 候, 左曼波 候

1-4 Rock R side right, recover onto L, step R next to L, hold
右足右下沉, 左足回復, 右足併踏, 候

5-8 Rock L side left, recover onto R, step L next to R, hold
左足左下沉, 右足回復, 左足併踏, 候

第五段 Rock Forward, Recover, Rock Side, Recover, Sailor 1/4 Right, Hold 下沉 回復 右下沉 回復, 1/4轉水手 候

1-4 Rock R forward, recover onto L, rock R to right side, recover onto L 右足前下沉, 左足回復, 右足右下沉,
左足回復

5-8 Slow Sailor: sweep R behind L making 1/4 turn right and step on R, step L to left side, step R next to L,
hold
(慢水手步)右足於左足後右轉90度

第六段 Rock Forward, Recover, Rock Side, Recover, Left Coaster Step, Hold 下沉 回復 左下沉 回復, 海岸步 候

1-4 Rock L forward, recover onto R, rock L to left side, recover onto R 左足前下沉, 右足回復, 左足左下沉, 右
足回復

5-8 Slow Coaster: step L back, step R next to L, step L forward, hold (9:00) (慢海岸步)左足後踏, 右足併踏,
左足前踏, 候

RESTART: DURING wall two (9:00) dance the first 48 counts and restart the dance. You will be facing the 6:00 wall when you do the restart.

第二面牆(面向9點鐘), 跳至此面向6點鐘時, 從頭起跳

第七段 Right Side Steps, ½ Turn, Right Side Steps, ½ Turn Right
右追步 轉, 左追步 轉

1-4 Step R to R side, step L next to R, Step R to R side, turn ½ right (weight on right) (3:00)
右足右踏, 左足併踏, 右足右踏, 右轉180度(重心在右足)(面向3點鐘)

5-8 Step L to L side, step R next to L, step L to L side, turn ½ right (weight on left) (9:00)
左足左踏, 右足併踏, 左足左踏, 右轉180度(重心在左足)(面向9點鐘)

Note: You are making a full turn right. 剛好做一個轉圈

第八段 Right Side Steps, Forward Mambo, Hold
右追步 候, 前曼波 候

1-4 Step R to R side, step L next to R, step R to R side, hold
右足右踏, 左足併踏, 右足右踏, 候

5-8 Rock L forward, recover back on R, step L next to R, hold
左足前下沉, 右足回復, 左足併踏, 候

OPTIONAL ENDING: As the music comes to an end, replace the coaster step, in section 6, with a ¼ left turn sailor. You'll be facing the front wall to end the dance.

結束:會跳到第六段以左90度轉水手取代海岸步, 面向前面牆做結束
