

The Best Of Times

Compte: 64

Mur: 4

Niveau:



Chorégraphe: Peter Metelnick (UK)

Musique: Vienna (Lenny Bertoldo Radio Mix) - Linda Eder

RIGHT & LEFT SIDE ROCK CROSS STEPS TRAVELING FORWARD, RIGHT KICK & APART, HIPS BUMP LEFT & RIGHT

- 1&2 Rock right foot to right side, recover weight on left foot, cross step right foot over left
3&4 Rock left foot to left side, recover weight on right foot, cross step left foot over right
5&6 Kick right foot forward, step right foot to right side, step left foot to left
7-8 Bump hips left, bump hips right (keeping weight on left foot)

RIGHT & LEFT SAILOR STEPS, RIGHT TOUCH BEHIND LEFT, UNWIND $\frac{3}{4}$ RIGHT, LEFT SIDE ROCK & RECOVER

- 1&2 Cross step right foot behind left, step left foot to left side, step right foot slightly right
3&4 Cross step left foot behind right, step right foot to right side, step left foot slightly left
5-6 Touch right foot behind left, unwind $\frac{3}{4}$ right ending with weight on right foot
7-8 Rock left foot to left side, recover weight on right foot

LEFT CROSSING TRIPLE, RIGHT SIDE ROCK & RECOVER, RIGHT CROSS STEP, LEFT BACK, RIGHT KICK BALL CHANGE

- 1&2 Cross step left foot over right, step right foot to right, cross step left foot over right
3-6 Rock right foot to right side, recover weight on left foot, cross step right foot over left, step left foot back
7&8 Kick right foot forward, touch right foot together, step left foot together

RIGHT FORWARD TRIPLE, LEFT BRUSH FORWARD/BACK, $\frac{1}{4}$ LEFT, LEFT TO LEFT SIDE, HOLD/CLAP, $\frac{1}{2}$ LEFT, RIGHT TO RIGHT SIDE, HOLD/CLAP

- 1&2 Step right foot forward, step left foot together, step right foot forward
3-6 Brush left foot forward, brush left foot back, turning $\frac{1}{4}$ left step left foot to left side, hold & clap
7-8 With weight on left foot pivot $\frac{1}{2}$ left stepping right foot to right side, hold & clap (weight ends on right)

LEFT FORWARD TRIPLE, RIGHT BRUSH FORWARD/BACK, $\frac{1}{4}$ RIGHT, RIGHT TO RIGHT SIDE, HOLD/CLAP, $\frac{1}{2}$ RIGHT, LEFT TO LEFT SIDE, HOLD/CLAP

- 1&2 Step left foot forward, step right foot together, step left foot forward
3-6 Brush right foot forward, brush right foot back, turning $\frac{1}{4}$ right step right foot to right side, hold & clap
7-8 With weight on right foot pivot $\frac{1}{2}$ right stepping left foot to left side, hold & clap (weight ends on left)

RIGHT & LEFT SAILOR STEPS, RIGHT FORWARD, $\frac{1}{2}$ LEFT PIVOT TURN, RIGHT FORWARD SHUFFLE

- 1&2 Cross step right foot behind left, step left foot to left side, step right foot slightly right
3&4 Cross step left foot behind right, step right foot to right side, step left foot slightly left
5-6 Step right foot forward, pivot $\frac{1}{2}$ left
7&8 Step right foot forward, step left foot together, step right foot forward

HEEL SWITCHES, LEFT FORWARD, RIGHT SLIDE TOGETHER, REPEAT TWICE

- 1&2& Touch left heel forward, step left foot together, touch right heel forward, step right foot together
3-4 Step left foot forward (take a big step), slide right foot together
5-8 Repeat 1-4 above

**LEFT FORWARD ROCK & RECOVER, 2 FULL TURNS LEFT & TRAVELING BACK, LEFT BACK
COASTER STEP**

- 1-2 Rock left foot forward, recover weight on right foot
- 3-4 Turning $\frac{1}{2}$ left step left foot forward, turning $\frac{1}{2}$ left step right foot back
- 5-6 Turning $\frac{1}{2}$ left step left foot forward, turning $\frac{1}{2}$ left step right foot back
- 7&8 Step left foot back, step right foot together, step left foot forward

REPEAT
