

# You Are The Best (最棒是你) (zh)

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Improver  
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音乐: From Coast to Coast - Modern Talking



前奏 : 16 counts from first beat, on vocal (app. 7 secs into track). Start with weight on L foot

**第一段      Right Side Mambo, Left Side Mambo, Rock, Recover, Cross Shuffle**  
右曼波, 左曼波, 下沉回復, 交叉交換

1&2      Rock right to right side, Recover onto left, Step right beside left  
右足右下沉, 左足回復, 右足併踏

3&4      Rock left to left side, Recover onto right, Step left beside right  
左足左下沉, 右足回復, 左足併踏

5-6      Rock right to right side, Recover onto left  
右足右下沉, 左足回復

7&8      Cross right over left, Step left to left side, Cross right over left  
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

**第二段      Left Vine/ ¼ Turn/Brush, Rocking Chair**  
左華倫轉1/4帶刷, 搖椅步

1-4      Step left to left side, Step right behind left, Step quarter turn left on left, Brush right forward  
左足左踏, 右足於左足後踏, 左轉90度左足踏, 右足前刷

5-8      Rock forward on right, Recover on left, Rock back on right, Recover on left 右足前下沉, 左足回復, 右足後下沉, 左足回復

**第三段      Jazz Box With ¼ Turn, Jazz Box With ¼ Turn**  
轉1/4爵士方塊, 轉1/4爵士方塊

1-2      Cross right over left, Step left back  
右足於左足前交叉踏, 左足後踏

3-4      Make ¼ turn R and step right forward, Step left forward  
右轉90度右足前踏, 左足前踏

5-6      Cross right over left, Step left back  
右足於左足前交叉踏, 左足後踏

7-8      Make ¼ turn R and step right forward, Step left forward  
右轉90度右足前踏, 左足前踏

(optional: snap fingers & swing arms up and down)  
雙手上下擺動並彈手指

**第四段      Step, Pivot 1/2, Shuffle Forward, Out Out Clap, Cross, Unwind ½ Left 踏, 轉, 前交換, 外外拍手, 交叉繞左1/2**

1 -2      Step forward on right, Make ½ pivot turn left  
右足前踏, 左轉180度

3&4      Step Right forward, Close left beside right, Step right forward  
右足前踏, 左足併踏, 右足前踏

&56      Step left out to left side, Step right out to right side, Clap hands  
左足左踏, 右足右踏, 拍手

7-8      Cross right over left, unwind ½ turn to left taking weight on left  
右足於左足前交叉踏, 左繞轉180度重心在左足