

The Best

拍数: 144 墙数: 2 级数: Phrased Improver
编舞者: Alfred Wolf (DE) - July 2019
音乐: The Best (Edit) - Tina Turner



Count In: 16 Counts

Sequence: A, A, B, A, B, C, C, B (At 3rd time A6, replace steps 5-8 with Tag)

[A1] TOE TOUCH FWD 2x, TOGETHER (R+L), SHUFFLE FWD (R+L)

1&2 Touch R FWD 2x, step R together
3&4 Touch L FWD 2x, step L together
5&6 Step fwd R, step L next to R, step fwd R
7&8 Step fwd L, step R next to L, step fwd L

[A2] BACK, DRAG 2x, MONTEREY ¼ TURN R 2x

1-2, 3-4 Step back on R, drag L to R 2x
5& Touch R toe to right side, turn ¼ right as you step R next to L
6& Touch L toe to left side, step L next to R
7& Touch R toe to right side, turn ¼ right as you step R next to L
8& Touch L toe to left side, step L next to R

[A3+4] REPEAT [A1]+[A2]

[A5] ROCK SIDE, CROSS & CROSS & CROSS, SIDE, COASTER STEP

1-2 Rock R to right side, recover onto L
3& Cross R over L, step L to left side
4& Cross R over L, step L to left side
5-6 Cross R over L, step L to left side
7&8 Step back R, step L next to R, step fwd R

[A6] ROCK SIDE, SHUFFLE ACROSS, MONTEREY ½ TURN R

1-2 Rock L to left side, recover onto R
3&4 Cross L over R, step R to right side, cross L over R
5-6 Touch R to right side, turn ½ right as you step R next to L
7-8 Touch L to left side, step L beside R

[B1] ROCK SIDE, SHUFFLE ACROSS, ROCK SIDE, SHUFFLE ACROSS,

1-2 Rock R to right side, recover onto L
3&4 Cross R over L, step L to left side, cross R over L
5-6 Rock L to left side, recover onto R
7&8 Cross L over R, Step R to right side, cross L over R

[B2] SIDE, BEHIND, SHUFFLE SIDE ¼ TURN R, STEP, PIVOT ½ R, ½ TURN R, ½ TURN R

1-2 Step R to side, cross L behind R
3&4 Step R to right, step L beside R, step R to right ¼ turn right.
5-6 Step fwd L, pivot ½ right
7-8 Turn ½ right stepping back L, turn ½ right stepping fwd R

[B3] SHUFFLE FWD L, STEP, PIVOT ½ L, ½ TURN L, ½ TURN L, SHUFFLE FWD R

1&2 Step fwd L, step R next to L, step fwd L
3-4 Step fwd R, pivot ½ left
5-6 Turn ½ left stepping back R, turn ½ right stepping fwd L

7&8 Step fwd R, step L next to R, step fwd R

[B4] ROCK FWD L, BACK SWEEP TURN ¼ L, KICK-BALL-CHANGE, TOUCH BEHIND, UNWIND ½ R

1-2 Rock fwd on L, recover on R
3&4 Sweep L behind R with ¼ turn L, step R beside L, step fwd L
5&6 Kick R fwd, step ball R beside L, step L in place
7-8 Touch R behind L, ½ turn right on balls (weight ends on R)

[B5-8] REPEAT [B1]-[B4] (06:00), START WITH LEFT FOOT

[C1] VAUDEVILLE L + R 2x

1&2& Cross R over L, step L to the left, touch R heel diagonally fwd, step R beside L
3&4& Cross L over R, step R to the right, touch L heel diagonally fwd, step L beside R
5&6& Cross R over L, step L to the left, touch R heel diagonally fwd, step R beside L
7&8& Cross L over R, step R to the right, touch L heel diagonally fwd, step L beside R

[C2] ROCK FWD R, COASTER STEP, ROCK FWD L, TOUCH BEHIND, UNWIND ½ L

1-2 Rock fwd on R, recover on L
3&4 Step back R, step L next to R, step fwd R
5-6 Rock fwd on L, recover on R
7-8 Touch L behind R, ½ turn left on balls (weight ends on L)

[C3] VAUDEVILLE L + R, STEP, PIVOT ½ L, TURN ½ L, TURN ½ L

1&2& Cross R over L, step L to the left, touch R heel diagonally fwd, step R beside L
3&4& Cross L over R, step R to the right, touch L heel diagonally fwd, step L beside R
5-6 Step fwd R, pivot ½ left
7-8 Turn ½ left stepping back R, turn ½ right stepping fwd L

[C4] SHUFFLE FWD R, STEP, PIVOT ½ R, TURN ½ R, TURN ½ R, SHUFFLE FWD L

1&2 Step fwd R, step L next to R, step fwd R
3-4 Step fwd L, pivot ½ right
5-6 Turn ½ right stepping back L, turn ½ right stepping fwd R
7&8 Step fwd L, step R next to L, step fwd L

[Tag] HALF MONTEREY ½ TURN R, HALF MONTEREY ½ TURN L

1-2 Touch R to right side, turn ½ right as you step R next to L
3-4 Touch L to left side, turn ½ left as you step L next to R

[End] Unwind with slow sweep [Ending 12:00]
