

Besta My Love

COPPERKNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Wendy Johansson (CAN) - September 2019
音乐: Best of My Love - The Emotions : (iTunes)



Intro: 24 Cts (8 Cts on horn + 16 Cts) approx 12 sec into track

[1-8] Dorothy R/L, Point front/side, Sailor 1/4 to R.

1 2& 3 4& Step R slight diagonal forward, cross L behind R, Step R slightly forward. Repeat L.
5 6 7&8 Point R front, point R to R side, Sailor 1/4 turn to R : Step R ball behind L, 1/4 turn to R on L
(to 3:00), step on R.

[9-16] Step/Place L-heel pop, Coaster Cross, Side hold, ball side touch.

1&2 3&4 Step L in front, lift both heels to knee pop. Step L back, step R back step L across R.
5 6 &7 8 Step R to R side, hold (6), Step L beside R, Step R toe to R side, Touch L beside R.

[17-24] Ball cross unwind 1/2 Turn, hold, Ball cross, Bend knees, hold & snap*, C-Bump L hip.

&1 2 3 &4 Ball L to L side, Cross R over L, 1/2 Turn unwind to L (9:00), Hold (3). Ball L to L side, Cross
R over L.
5 6 7 &8 Drop/bend knees weight on R while Extending L arm up to L diagonal. Hold/Snap L* (6). C-
Bump L hip to L: up & L (7), recover hip to R (&), down & L (8).

* I hope Jose and JP don't mind me using the "drop snap" in my dance-why should the Adv dancers have all the fun ;)

[25-32] 2 Toe Struts Turning, 2 Diagonal shuffles.

1 2 3 4 1/4 Turn to Right (12:00) to toe strut R foot. 1/4 Turn to R (3:00) to toe strut L foot turning
another 1/4 (6:00) as L heel drops to finish strut.
5&6 7&8 1/4 Turn to R (9:00) and shuffle to R diagonal: Step R forward (10:30) L beside R, step R
forward. Repeat shuffle to L diagonal (7:30).

Option Arms: Disco Chop/Finger Guns.

TAG 1: 8 cts >W5 (F9:00): 4 heel bounces 1/4 Turn to R (12:00). Step R to R and bend R arm in front at shoulder level (5). Extend R arm to R side at shoulder level (&). Swivel R heel out to R (6) and then swivel R heel back in (&). Bend elbows to 90 degrees and raise up (7). Lower forearms to front at shoulder level (&). Drop hands down to side (8).

TAG 2: 12 cts >W8 (F3:00): Repeat Tag 1 (6:00) Add 4 cts: Shoulder/upper body roll to R (1 2). Hold (3). Shoulder lifts with light fist hands front: up R(&), drop R/lift L(4). drop L/lift R (&).

SHAZAM!!! :D Contact: wendyjohansson1@gmail.com