

The Best

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - June 2021
音乐: The Best - Hook N Sling, Galantis & Karen Harding : (Spotify / iTunes)



(Intro: 16 counts)

[S1] Run Forward, Touch Front-Back-Front-In, Kick, Behind-Side

1&2 Run forward on R-L-R
3 4 Touch L toe to the front (3), and back (4)
5 6 7 Touch L toe to the front (5), Touch L next to R (6), Kick diagonally forward on L (7)
8& Step L behind R, Step R to the side

[S2] Cross, 1/4L Back-Back, Touch Back-Front-Side-In, Kick, Behind (Rock)

1 2& Cross L over R, Make a 1/2 turn left stepping back on R, Step back on L (9:00)
3 4 Touch R toe to the back (3) and front (4)
5 6 Touch R toe to the side, Touch R next to L
7 8 Kick diagonally forward on R, Rock R behind L

[S3] Cross (Recover) Shuffle, 1/4L, Side, Fwd, 1/2R Turn, Shuffle Fwd

1&2 Recover/cross L over R, Step R close to L, Cross L over R
3 4 Make a 1/4 turn left stepping back on R, Step L to the side (6:00)
5 6 Step forward on R, Step forward on L making a 1/2 turn right (12:00)
7&8 Shuffle forward on R-L-R

[S4] 1/4R Side Chasse, Behind Rock, Side Chasse, Touch, Unwind 1/2L

1&2 Make a 1/4 turn right Chasse to the left on L-R-L (3:00)
3 4 Rock R behind L, Recover/cross L over R
5&6 Chasse to the right on R-L-R
7 8 Touch back on L, Unwind 1/2 turn left weight ends on L foot (9:00)

Ending suggestion: The last wall starts 9:00, dance up to count 18 then make a 1/2 turn to the front.

No tags or restarts.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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