

My Bestie Baby

COPPER **KNOB**
BY STEPHENETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lynne Herman (USA) & David Herman (USA) - August 2021
音乐: Iko Iko (My Bestie) (feat. Small Jam) - Justin Wellington



INTRO: 16 counts. Begin on vocals.

TAG #1: End of Walls 1, 3, 4

TAG #2: End of Wall 6

OPTIONAL: Exaggerate hip movements and weight changes throughout for a latin dance feel. Shake it!

NOTE: Simple steps don't have to be boring. Free up those hips! Easy split floor dance with Ghys/Vane "My Bestie"

S1: WALK X2, FWD MAMBO, BACK X2, BACK MAMBO

123&4 Step RF fwd (1); step LF fwd (2); rock RF fwd (3); recover weight to LF (&); step RF beside LF with weight (4)

567&8 Step LF back (5); step RF back (6); rock LF back (7); recover weight to RF (&); step LF beside RF with weight (8)

S2: RIGHT SIDE MAMBO, LEFT SIDE MAMBO, PADDLE 1/8 LEFT X2 (9:00)

1&2 Rock RF to right side (1); recover weight to LF (&); step RF beside LF with weight (2)

3&4 Rock LF to left side (3); recover weight to RF (&); step LF beside RF with weight (4)

56 Touch RF fwd, leaving weight on LF (5); push with your RF to turn 1/8th left, leaving weight on your LF (6) (10:30)

78 Touch RF fwd, leaving weight on LF (7); push with your RF to turn 1/8th left, leaving weight on your LF (8) (9:00)

OPTIONAL: Substitute two 1/8th hip circle turns left on counts 5-8

S3: TOE STRUT TO RIGHT DIAGONAL, TOE STRUT TO LEFT DIAGONAL, JAZZ BOX WITH CROSS

12 Step with right toe to right diagonal (1); lower right heel (2)

34 Step with left toe to left diagonal (3); lower left heel (4)

5678 Step RF across in front of LF (5); step LF back (6); step RF to right side (7); step LF across in front of RF (8)

OPTIONAL HEEL BOUNCES AND PRAISE HANDS, COUNTS 1-4:

1&2 Step RF to right diagonal, raising hands palms-up to right (1); raise right heel, slightly lowering hands (&); lower right heel, raising hands again, transfer weight fully to RF (2)

3&4 Step LF to left diagonal, raising hands palms-up to left (3); raise left heel, slightly lowering hands (&); lower left heel, raising hands again, transfer weight fully to LF (4)

S4: SIDE-TOGETHER-SIDE RIGHT, SIDE-TOGETHER-SIDE LEFT

1234 Step right with RF (1); step LF beside RF (2); step right with RF (3); touch LF beside RF (4)

5678 Step left with LF (5); step RF beside LF (6); step left with LF (7); touch RF beside LF (8)

OPTIONAL FOR FASTER FEET: SIDE-TOGETHER-SIDE-TOGETHER-SIDE-TOUCH x2

123&4& Step right with RF (1); step LF beside RF (2); step right with RF (3); step LF beside RF (&); step right with RF (4); touch LF beside RF (&)

567&8& Step left with LF (5); step RF beside LF (6); step left with LF (7); step RF beside LF (&); step left with LF (8); touch RF beside LF (&)

TAG 1 (END OF WALLS 1, 3, 4): V-STEP

12 Step RF fwd to right diagonal (1); step LF fwd even with RF to left diagonal (2)

34 Step RF back to original position (3); step LF back to original position beside RF (4)

TAG 2 (END OF WALL 6): V-STEP X2

12 Step RF fwd to right diagonal (1); step LF fwd even with RF to left diagonal (2)

34 Step RF back to original position (3); step LF back to original position beside RF (4)

56 Step RF fwd to right diagonal (5); step LF fwd even with RF to left diagonal (6)
78 Step RF back to original position (7); step LF back to original position beside RF (8)

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