

The Best of Me

拍数: 36 墙数: 4 级数: Intermediate
编舞者: Bambang Satiyawan (INA) - June 2021
音乐: The Best of Me - David Foster



Start dance on vocal,

SECTION I. FORWARD AND SWEEP-CROSS-SIDE-BACK AND SWEEP-BEHIND-TURN AND FORWARD-TURN AND SIDE-BEHIND-TURN AND FORWARD-PIVOT-CROSS-TURN AND BACK.

- 1 - 2& Step R forward and Sweep L forward, Cross L over R, Step R to side
- 3 - 4& Step L back and Sweep R back, Cross R behind L, Turn ¼ left Step L forward
- 5 - 6& Turn ¼ left Step R to side, Cross L behind R, Turn ¼ right Step R forward
- 7&8& Step L forward, Turn ¼ right Step R in place, Cross L over R, Turn ¼ left Step R back

SECTION II. TURN AND SIDE-CLOSE-CROSS-DIAMOND-CLOSE-CROSS.

- 1 - 2& Turn ¼ left Step L to side, Close R slightly behind L, Cross L over R
- 3 - 4& Step R to side, Turn 1/8 left Step L back, Step R back
- 5 - 6& Turn 1/8 left Step L to side, Turn 1/8 left Step R forward, Step L forward
- 7 - 8& Turn 1/8 left Step R to side, Close L slightly behind R, Cross R over L

*Tag Here on wall : 1, 2 and 4

SECTION III. TURN AND FORWARD AND SWEEP-CROSS-SIDE-BACK AND SWEEP-BEHIND-SIDE-LUNGE-IN PLACE-SIDE-FORWARD- FORWARD TRAVELING TURN

- 1 - 2& Turn ¼ left Step L forward and Sweep R forward, Cross R over L, Step L to side
- 3 - 4& Step R back and Sweep L back, Cross L behind R, Step R to side
- 5 - 6& Turn 1/8 right Step L forward and bent your L, Step R in place, Step L to side
- 7 - 8& Step R forward, Turn ½ right Step L back, Turn ½ right Step R forward

SECTION IV. HITCH-BACK WALK-BACK SWEEP-BEHIND-SIDE-CROSS-TURN AND BACK-SIDE-CROSS-TURN AND BACK-SIDE

- 1 - 2& Step L forward and Hitch your R, Step R back, Step L back
- 3 - 4& Step R back and Sweep L back, Cross L behind R, Step R to side
- 5 - 6& Cross L over R, Turn ¼ left Step R back, Step L to side
- 7 - 8& Cross R over L, Turn ¼ right Step L back, Step R to side

SECTION V. FORWARD-SIDE AND SWAY- LONG SIDE STEP-DRAG

- 1 - 2 Step L forward, Step R to side and Sway your hip
- 3 - 4 Long step L to side, Drag R to L

TAG : TURN AND FORWARD AND SWEEP-FORWARD AND SWEEP-CROSS-SIDE-BACK AND SWEEP-BEHIND-SIDE

- 1 - 2 Turn ¼ left Step L forward and Sweep R forward, Step R forward and Sweep L forward
- 3 & 4 Cross L over R, Step R to side, Step L back and Sweep R back
- 5 & Cross R behind L, Step L to side

Enjoy the dance,

Contact person : bambang.1709@gmail.com