

To Be The Best

COPPERKNOB
BY SHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Myra Harrold (SCO) - October 2021
音乐: CHAMPION - Bishop Briggs



Sequence Of Dance:- 48-32-48-32-48-32-32 = (The Chorus Is Always 32 Counts)

Intro:- Only On The First Wall - Miss Out Counts 1,2 Of Sect:1 To Start

The Dance With The R Hip Bumps Fwd On The Word "Car"

Sect:1 Strut Fwd (Arms),Hip Bumps,1/2 L,Hip Bumps,Kick Ball Change

1,2,3&4 Walk Fwd Rf,Lf,Fwd On Ball Of Rf,R Hip Bump Twice,Weight To Rf (12)

(Push R Arm Out To R Side Stepping Rf Fwd,Push L Arm Out To L Side Stepping Lf Fwd,Hold Arms Out While Doing The Hip Bumps)

5&6,7&8 Pivot 1/2 L,Bump L Hip Fwd Twice,Weight To Lf,Kick Rf Fwd,Close Rf To Lf,Lf Fwd (6)

Sect:2 Fwd,1/4 L,Cross Rocks(Travel Back),R Dorothy Step

1,2,3&4 Rf Fwd,Pivot 1/4 L Onto Lf,Rock Rf Across Lf,Recover To Lf,Rf Back Diag,R (3)

5&6,7,8& Rock Lf Across Rf,Recover Rf,Lf Back Diag L,Rf Fwd Diagonal R,Lf Behind Rf,Rf Diagonal R (3)

Sect:3 Syncopated Heels & Touches,Heel,Touch,Heel,Point R

1&2& L Heel Diagonal L,Close Lf To Rf,R Heel Diagonal R,Close Rf To Lf (3)

3&4& Touch L Toe To Rf,Close Lf To Rf,Touch R Toe To Lf,Step Back On Rf (3)

5&6&7&8 L Heel Fwd,Close Lf To Rf,Touch Rf To Lf,Rf Back,L Heel Fwd,Close Lf To Rf,Point Rf To R (3)

Sect:4 Switch,Point L,1/2 Monteray L,R Mambo Fwd,L Coaster Step,Full Turn Fwd

&1,2,3&4 Close Rf To Lf,Point Lf To L,Pivot 1/2 L,Close Lf To Rf,Rock Rf Fwd,Recover Lf,Rf Back (9)

5&6,7,8 Lf Back,Close Rf To Lf,Lf Fwd,Pivot 1/2 L,Rf Back,Pivot 1/2 L,Lf Fwd (9)

Sect:5 Rock,Recover,3/4 Shuffle R,Rock,Recover,Ball,Back,Drag Lf

1,2,3&4 Rock Rf Fwd,Recover Lf,Shuffle 3/4 R (6)

5,6&7,8 Rock Lf Fwd,Recover Rf,Ball Lf Back,Rf Big Step Back,Drag Lf To Rf (6)

Sect:6 Lf Ball Back,Rf Fwd,1/2 L,Paddle 1/2 L,Point R,R Sailor Step,L Sailor 1/4 R

&1,2,3,4 Lf Back,Rf Fwd,Pivot 1/2 L,Weight To Lf,Pivot 1/4 L,Touch Rf To R,Pivot 1/4 L,Point Rf To R (6)

5&6,7&8 Rf Behind Lf,Lf To L,Rf To R,Lf Behind Rf,Turn 1/4 R,Rf Fwd,Lf Fwd (9)

On Last Wall To Finish At 12 O.Clock Turn A Further 1/4 L Both Fists In Air (You're A Champion)