

Best Life

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Advanced
编舞者: Cody Flowers (USA) & Dustin Betts (USA) - October 2021
音乐: Best Life - Spencer Ludwig



Sequence: ABA ABA AB Tag A

PART A

[1-8] Step-Touch (x2), Scissor Step, ¼, ½, Back, Hitch, Back, Pop

- 1&2& Step RF fwd and to right diagonal, Touch LF beside RF, Step LF fwd and to left diagonal, Touch RF beside LF (12:00)
3&4 Rock RF to right side, Step LF beside RF, Cross RF over LF (12:00)
5&6& ¼ Turn Left stepping fwd on LF (9:00), ½ Turn Left stepping back on RF (3:00), Step back on LF, Hitch right knee (3:00)
7 8 Big step back on RF dragging your LF to RF, Step LF beside RF popping right knee (3:00)

[9-16] Mambo Fwd, Coaster Step, Step-Swivel-Swivel-Hitch (x2)

- 1&2 Rock forward on RF, Recover weight on LF, Step back on RF (3:00)
3&4 Step back on LF, Step RF beside LF, Step fwd on LF (3:00)
5&6& Step RF fwd, Swivel left heel toward RF while pivoting ¼ turn left (12:00), Swivel right heel to right side, ⅛ Turn left hitching left knee (10:30)
7&8& ⅛ Turn right stepping LF down (12:00), ¼ Turn right swiveling right heel to LF (3:00), Swivel left heel away from RF, ¼ Turn Right hitching right knee (6:00)

[17-24] Fwd, ½, Shuffle ½, Angled Mambo, & Bumb (x2)

- 1 2 ⅛ Turn right stepping fwd on RF (7:30), ½ Turn right stepping back on LF (1:30)
3&4 ½ Turn right stepping fwd on RF (7:30), Step LF beside RF, Step fwd on RF (7:30)
5&6 Rock fwd on LF, Recover weight on RF, Step back on LF (7:30)
&7&8 Lift right hip, bump hips down to left, bump right hip, bump hips down to left (7:30)

[25-32] Ball-Step Pivot ½, Step-Lock-Step, Pivot ½, Scissor w/ Hitch

- &1 2 Step ball of RF beside LF, Step fwd on LF, Pivot ½ Turn right transferring weight to RF (1:30)
3&4 Step fwd on LF, Lock RF behind LF, Step fwd on LF (1:30)
5 6 Step fwd on RF, Pivot ½ Turn left transferring weight to LF (7:30)
7&8 ⅛ Turn left rocking RF to right side, Recover weight on LF, Hitch right knee by scooping knee down and then up (6:00)

PART B

[1-8] Side-Swivel, Coaster Step, Fwd-Kick-&-Cross, ¼ Shuffle

- 1 2 Step RF to right side, ¼ Turn left swiveling both heels counterclockwise (3:00)
3&4 Step back on LF, Step RF beside LF, Step fwd on LF (3:00)
&5&6 Step RF fwd, Kick LF to left diagonal, Step LF down, Cross RF over LF (3:00)
7&8 Step LF to left side, ¼ Turn right stepping RF behind LF, Step LF beside RF (6:00)

[9-16] Rock-Recover-Lift, Step-Lock-Step, ¾ Walk Around

- 1&2 Rock fwd on RF, Recover weight on LF, Step back on RF lifting LF off of the ground (6:00)
3&4 Step fwd on LF, Lock RF behind LF, Step fwd on LF (6:00)
5678 Cross RF over LF and walk around RF, LF, RF, LF to make a ¾ turn over L shoulder (9:00)

[17-24] Side-Swivel, Coaster Step, Fwd-Kick-&-Cross, ¼ Shuffle

- 1 2 Step RF to right side, ¼ Turn left swiveling both heels counterclockwise (6:00)
3&4 Step back on LF, Step RF beside LF, Step fwd on LF (6:00)
&5&6 Step RF fwd, Kick LF to left diagonal, Step LF down, Cross RF over LF (6:00)

7&8 Step LF to left side, $\frac{1}{4}$ Turn right stepping RF behind LF, Step LF beside RF (9:00)

[25-32] Rock-Recover-Lift, Step-Lock-Step, $\frac{3}{4}$ Walk Around

1&2 Rock fwd on RF, Recover weight on LF, Step back on RF lifting LF off of the ground (9:00)

3&4 Step fwd on LF, Lock RF behind LF, Step fwd on LF (9:00)

5678 Cross RF over LF and walk around RF, LF, RF, LF to make a $\frac{3}{4}$ turn over L shoulder (12:00)

TAG

[1-2] Step, Pivot $\frac{1}{2}$

1 2 Step RF fwd, Pivot $\frac{1}{2}$ Turn left putting weight on LF

Contacts:-

dancewithcody@gmail.com | codytflowers.weebly.com

dustinbetts97@gmail.com
