

The Best in Me

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 2 级数: Advanced
编舞者: Mitha Primasari (INA)
音乐: The Best in Me - Tom Leeb



Intro: on vocal 30 counts (Dance start on lyric 'You')

S1. BASIC NIGHTCLUB – TURN w/ SWEEP - CROSS – SIDE – BEHIND w/ SWEEP – TURN – ¾ TURN w/ SWEEP – BEHIND – TURN FORWARD

- 1 – 2&3 Step R to right side, Step L slightly behind R, Cross R over L, ¼ turn left step forward on L sweep R to front (9.00)
4&5 Cross R over L, Step L to left side, Cross R behind L sweep L to back
6&7 Cross L behind R, ¼ turn right step forward on R (12.00), ¾ turn right step L beside R sweep R to back (9.00)
8& Cross R behind L, ¼ turn left step forward on L (6.00)

S2. SIDE – CROSS BEHIND – SIDE – SYNCOPATED TURN – IN PLACE – BACKWARD – FORWARD TURN – FORWARD (L-R)

- 1 – 2&3 Step R to right side, Cross L behind R, Step R to right side, 1/8 turn right step forward on L (7.30)
&4&5 ½ turn right step in place on R (1.30), Step forward on L, ½ turn right step in place on R (7.30), Step forward on L
6&7 Step R in place, Step back on L, Step forward on R turn ½ collect L beside R (1.30)
8& Step forward on L, Step forward on R

S3. ARABESQUE – ROCK FORWARD – SIDE – CROSS BEHIND – LONG STEP – SYNCOPATED CROSS SIDE - TOUCH

- 1 – 2&3 Step forward on L whilst lift R back, Step forward on R, Recover on L, 1/8 turn right step R to right side (3.00)
&4&5 Recover on L, Cross R behind L, Recover on L, Long step on R to right side
6&7&8& Cross L behind R, Step R to right side, Cross L over R, Step R to right side, Cross L behind R, Touch R beside L

S4. ATTITUDE – CROSS TURN – LONG STEP – TURN – BACK – SIDE – CHAINE TURN (2x) – FORWARD – CLOSE

- 1 – 2 Step ball R to right side whilst lift L to left side, Cross L over R turn ½ right (9.00)
3 – 4&5 Long step on R to right side, 1/8 turn left step back on L (7.30), Step back on R, Step L to left side (Squaring to 6.00)
6 – 7 Step forward on R full turn right whilst step L beside R, Step forward on R full turn right whilst step L beside R
8& Step forward on R, Step close on L beside R

RESTART ON:

Wall 2 (after 30& Counts) – Change step on count (&): Step close on L beside R (Start again facing 12.00 o'clock)

Wall 4 (after 20& counts) – Change direction: ¼ turn Left to start again you'll be facing 6.00 o'clock

Enjoy Dancing

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