

Best Days

拍数: 64
编舞者: Annika Domke (DE)
音乐: Best Days - Anastacia

墙数: 4

级数: Phrased Intermediate



Sequence: AAA ABB* AAB BTagB BBB

Start the dance after 16 counts

Part A: 32 counts

A1 Double-Step-Touch, 2x Step-Touch

1 2 3 4 Rf step to right side, Lf close beside Rf, Rf step to right side, Lf touch beside Rf
5 6 7 8 Lf step to left side, Rf touch beside LF, Rf step to right side, Lf touch beside Rf

A2 Grapevine, 3-Step-Turn

1 2 3 4 Lf step to left side, Rf cross behind Lf, Lf step to left side, Rf touch beside Lf
5 6 7 8 ¼ turn right Rf step forward, ¼ turn right Lf step to left side, 5/8 turn right Rf step to right side, Lf touch beside Rf facing 1:00

A3 Jazzbox ¼ turn, Rocking Chair

1 2 3 4 Lf forward cross Rf, ¼ turn left step Rf back, 1/8 turn left step Lf to left side, step Rf forward facing 9:00
5 6 7 8 Lf step forward, recover weight on Rf, Lf step backward, recover weight on Rf

A4 Double-Step-Touch, 2x Step-Touch

1 2 3 4 Lf step to left side, Rf close beside Lf, Lf step to left side, Rf touch beside Lf
5 6 7 8 Rf step to right side, Lf touch beside Rf, Lf step to left side, Rf touch beside Lf

Part B (32 counts)

B1 Chasse 1/8, cross-side, Sailor-Step, cross-side

1&2 3 4 Rf step to right side, Lf close beside Rf, 1/8 turn right Rf to right side, Lf step forward, ¼ turn left Rf step to right side
5&6 7 8 Lf cross behind Rf, step Rf to right side, step Lf slightly to left side, 1/8 turn left step Rf forward, step Lf to left side

B2 2x Sailor-Step, turn, Mambo-Side

1&2 3&4 Rf cross behind Lf, Lf step to left side, step Rf slightly to right side, Lf cross behind Rf, step Rf to right side, step Lf slightly to left side
5 6 7&8 ¼ turn right step Rf forward, ¾ turn right close Lf beside Rf, Rf to right side, recover weight on Lf, Rf close beside Lf

Alternative: only turn a half turn, but notice, that in this case you'll change the turn of the choreo for part B to right

B* dance only B1 and B2

B3 Step Step ½ turn left, Chasse, 2x Cross Point fwd

1 2 3&4 Step Lf forward, step Rf fwd ½ turn to left, Lf to left side, Rf close beside Lf, Lf to left side
5 6 7 8 Rf cross over Lf, Lf point to left side, Lf cross over Rf, Rf point to right side

B4 Jazzbox ¼ right with Chasse, V-Step with Coaster Step

1 2 3&4 Rf cross over Lf, Lf back and ¼ turn to right, Rf to right side, Lf close beside Rf, Rf to right side
5 6 7&8 Lf diagonal fwd, Rf diagonal fwd, Lf step back, Rf close beside Lf(&), Lf step forward

Tag 24 counts

T1 Double-Step-Touch, 2x Step-Touch

1 2 3 4 Rf step to right side, Lf close beside Rf, Rf step to right side, Lf touch beside Rf

5 6 7 8 Lf step to left side, Rf touch beside LF, Rf step to right side, Lf touch beside Rf

T2 Double-Step-Touch, 2x Step-Touch

1 2 3 4 Lf step to left side, Rf close beside Lf, Lf step to left side, Rf touch beside Lf

5 6 7 8 Rf step to right side, Lf touch beside Rf, Lf step to left side, Rf touch beside Lf

T3 2x Rocking Chair

1 2 3 4 Rf step forward, recover weight on Lf, Rf step backward, recover weight on Lf

5 6 7 8 Rf step forward, recover weight on Lf, Rf step backward, recover weight on Lf
