

Next Best Option

拍数: 32 墙数: 4 级数: Improver
编舞者: Justine Shuttleworth (AUS) - April 2024
音乐: I Won't Sleep Tonight (feat. Crawford Brothers) - Jarred Taylor : (Single)



Kick & rock & kick & rock

- 1 & 2 & Kick R forward, replace R beside L, rock-step L to left – click both hands, replace weight onto R,
3 & 4 & Kick L forward, replace L beside R, rock-step R to right – click both hands, replace weight onto L,

Kick & rock & kick & rock

- 5 & 6 & Kick R forward, replace R beside L, rock-step L to left – click both hands, replace weight onto R,
7 & 8 & Kick L forward, replace L beside R, rock-step R to right – click both hands, replace weight onto L turning $\frac{1}{4}$ over right shoulder (3 o'clock),

(&) kick & step drag, bounce, heel

- 1 & 2 kick R foot forward, replace R beside L turning a further $\frac{1}{4}$ over right shoulder (6 o'clock), step L to left side,
3 & 4 Drag R towards L foot raising L heel up off the ground, drop L heel, place R heel forward in front of L foot,

Step, Heel, & touch & touch

- 5, 6 Step R to right, touch L heel forward in front of R,
& 7 & 8 Step L to left side, touch R toe behind L foot, step R to right, touch L toe behind R,

Unwind, hip, hip, hip

- 1, 2, 3, 4, turn $\frac{1}{2}$ turn over left shoulder (12 o'clock) with weight ending on left foot, sway hips to right, sway hips left, sway hips right,

(&) cross, step/click, & cross, & cross

- & 5, 6 step L to left, cross R over L, step L to left - click left hand,
& 7 & 8 step R to right, cross L over R, step R to right, cross L over R,

Rock, replace, half turn, step back

- 1, 2, 3, 4, Rock-step R to right side, turn $\frac{1}{4}$ over left shoulder (9 o'clock) and step forward on L, continue turning over left shoulder and step back on R, step back on L (entire $\frac{3}{4}$ turn travels towards 9 o'clock and ends facing 3 o'clock),

Back hip, & hip, kick, back hip, & hip

- 5 & 6 & step back on R pushing right hip back, push hip left slightly keeping weight on R, push hip right again, slightly kick L off the ground and forward,
7 & 8 step back on L pushing left hip back, push hip right slightly keeping weight on L, push hip left again.

[32]

Repeat last 4 beats once at end of wall 2 (facing 6 o'clock)

Repeat last 4 beats twice at end of wall 3 (facing 9 o'clock)

Dance finishes on the unwind facing 6 o'clock, finish with a full unwind to face the front.

