

Bestie

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Nina Chen (TW), Juilin Chen (TW) & Tina Chen Sue-Huei (TW) - June 2024
音乐: Bestie - Meghan Trainor



Intro: 16 counts, No Tag ! No Restart !!

Sec1: (R & L) SIDE MAMBO, BRUSH - HITCH - BACK TOUCH, R HIP BUMP TWICE

1&2, 3&4 Rock Rf to R - Recover on Lf - Step Rf beside Lf, Rock Lf to L - Recover on Rf - Step Lf beside Rf
5&6, 7-8 Bruch Rf fwd - Hitch Rf - Touch Rf back, Step Rf back while bump R hip twice

Sec2: ANCHOR (x2), WALK AROUND 3/4 L

1&2, 3&4 Rock Lf back - Recover on Rf - Rock Lf back, Rock Rf back - Recover on Lf - Rock Rf back
5-8 1/4 turn L (9:00) Step Lf fwd - 1/4 turn L (6:00) Step Rf fwd - 1/4 turn L (3:00) Step Lf fwd - Touch Rf beside Lf

Sec3: SHIMMY

1&2, 3&4 Step Rf fwd while shimmy (R L R), Step Lf back while shimmy (L R L)
5&6, 7&8 Step Rf fwd while shimmy (R L R), Step Lf back while shimmy (L R L)

Sec4: BACK - 1/2 L FWD - WALK - WALK, JAZZ BOX

1-4 Step Rf back - 1/2 turn L (9:00) step Lf fwd - Step Rf fwd - Step Lf fwd Step Rf beside Lf - Cross Lf over Rf
5-8 Cross Rf over Lf - Step Lf back - Step Rf to R - Cross Lf over Rf

Have Fun & Happy Dancing !!!

Contact Nina Chen : nina.teach.dance@gmail.com