

Good, Better, Best

拍数: 64 墙数: 2 级数:
编舞者: Trish Davies (AUS)
音乐: It Don't Get Better Than This - Rodney Crowell



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- 1-4 Point right toe to right side, step right behind left, point left toe to left side, step left across right
- 5-8 Vine right - step right to right side, step left behind right, step right to right side, touch left beside right
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- 1-4 Point left toe to left side, step left behind right, point right toe to right side, step right across left
- 5-8 Vine left - step left to left side, step right behind left, step left to left side, touch right beside left
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- 1&2 Right sailor shuffle - step left behind right, step right to right side, step left to center position
- 3&4 Left sailor shuffle - step right behind left, step left to left side, step right to center position
- 5-8 Step forward on left, pivot $\frac{1}{2}$ turn right, step forward left, step right in front of left
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- 1-2 Raise both heels & turn $\frac{1}{4}$ turn left, drop heels
- 3-4 Raise both heels & turn $\frac{1}{4}$ turn left, drop heels
- 5-6 Kick right front, kick right side
- 7&8 Cha-cha-cha on the spot (right-left-right)
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- 3&4 Left sailor shuffle - step right behind left, step left to left side, step right to center position
- 5-8 Step forward on left, pivot $\frac{1}{2}$ turn right, step forward left, step right in front of left
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- 1-2 Raise both heels & turn $\frac{1}{4}$ turn left, drop heels
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- 5-6 Kick right front, kick right side
- 7&8 Cha-cha-cha on the spot (right-left-right)
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- 1-2 Touch left toe across right, touch left toe to left side
- 3-4 Cross left behind right, unwind to the left & clap
- 5-6 Touch right toe across left, touch right toe to right side
- 7-8 Cross right behind left, unwind to the right & clap
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- 1-2 Left knee pop (taking weight on right pop left knee forward while raising left heel), pause
- 3-4 Right knee pop (taking weight on left pop right knee forward while raising right heel), pause
- 5-8 Alternating knee pops (left-right-left-right)

REPEAT
