

# The Best Of Times

拍数: 64      墙数: 4      级数:  
编舞者: Peter Metelnick (UK)  
音乐: Vienna (Lenny Bertoldo Radio Mix) - Linda Eder



## RIGHT & LEFT SIDE ROCK CROSS STEPS TRAVELING FORWARD, RIGHT KICK & APART, HIPS BUMP LEFT & RIGHT

1&2      Rock right foot to right side, recover weight on left foot, cross step right foot over left  
3&4      Rock left foot to left side, recover weight on right foot, cross step left foot over right  
5&6      Kick right foot forward, step right foot to right side, step left foot to left  
7-8      Bump hips left, bump hips right (keeping weight on left foot)

## RIGHT & LEFT SAILOR STEPS, RIGHT TOUCH BEHIND LEFT, UNWIND $\frac{3}{4}$ RIGHT, LEFT SIDE ROCK & RECOVER

1&2      Cross step right foot behind left, step left foot to left side, step right foot slightly right  
3&4      Cross step left foot behind right, step right foot to right side, step left foot slightly left  
5-6      Touch right foot behind left, unwind  $\frac{3}{4}$  right ending with weight on right foot  
7-8      Rock left foot to left side, recover weight on right foot

## LEFT CROSSING TRIPLE, RIGHT SIDE ROCK & RECOVER, RIGHT CROSS STEP, LEFT BACK, RIGHT KICK BALL CHANGE

1&2      Cross step left foot over right, step right foot to right, cross step left foot over right  
3-6      Rock right foot to right side, recover weight on left foot, cross step right foot over left, step left foot back  
7&8      Kick right foot forward, touch right foot together, step left foot together

## RIGHT FORWARD TRIPLE, LEFT BRUSH FORWARD/BACK, $\frac{1}{4}$ LEFT, LEFT TO LEFT SIDE, HOLD/CLAP, $\frac{1}{2}$ LEFT, RIGHT TO RIGHT SIDE, HOLD/CLAP

1&2      Step right foot forward, step left foot together, step right foot forward  
3-6      Brush left foot forward, brush left foot back, turning  $\frac{1}{4}$  left step left foot to left side, hold & clap  
7-8      With weight on left foot pivot  $\frac{1}{2}$  left stepping right foot to right side, hold & clap (weight ends on right)

## LEFT FORWARD TRIPLE, RIGHT BRUSH FORWARD/BACK, $\frac{1}{4}$ RIGHT, RIGHT TO RIGHT SIDE, HOLD/CLAP, $\frac{1}{2}$ RIGHT, LEFT TO LEFT SIDE, HOLD/CLAP

1&2      Step left foot forward, step right foot together, step left foot forward  
3-6      Brush right foot forward, brush right foot back, turning  $\frac{1}{4}$  right step right foot to right side, hold & clap  
7-8      With weight on right foot pivot  $\frac{1}{2}$  right stepping left foot to left side, hold & clap (weight ends on left)

## RIGHT & LEFT SAILOR STEPS, RIGHT FORWARD, $\frac{1}{2}$ LEFT PIVOT TURN, RIGHT FORWARD SHUFFLE

1&2      Cross step right foot behind left, step left foot to left side, step right foot slightly right  
3&4      Cross step left foot behind right, step right foot to right side, step left foot slightly left  
5-6      Step right foot forward, pivot  $\frac{1}{2}$  left  
7&8      Step right foot forward, step left foot together, step right foot forward

## HEEL SWITCHES, LEFT FORWARD, RIGHT SLIDE TOGETHER, REPEAT TWICE

1&2&      Touch left heel forward, step left foot together, touch right heel forward, step right foot together  
3-4      Step left foot forward (take a big step), slide right foot together  
5-8      Repeat 1-4 above

**LEFT FORWARD ROCK & RECOVER, 2 FULL TURNS LEFT & TRAVELING BACK, LEFT BACK  
COASTER STEP**

- 1-2 Rock left foot forward, recover weight on right foot
- 3-4 Turning  $\frac{1}{2}$  left step left foot forward, turning  $\frac{1}{2}$  left step right foot back
- 5-6 Turning  $\frac{1}{2}$  left step left foot forward, turning  $\frac{1}{2}$  left step right foot back
- 7&8 Step left foot back, step right foot together, step left foot forward

**REPEAT**

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