

Best Option Only You

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4
编舞者: Sebastiaan Holtland (NL)
音乐: Only You - Lemonice

级数: Improver west coast swing



WIZARD OF OZ STEPS FORWARD, TOUCH

- 1-2& Step right diagonally forward, lock left behind right, step right forward
- 3-4& Step left diagonally forward, lock right behind left, step left forward
- 5-6& Step right diagonally forward, lock left behind right, step right forward
- 7-8 Step left diagonally forward, touch right together (12:00)

DIAGONAL KICKS FORWARD WITH ½ TURN, KICK AND KICK ¼ TURN

- 9& Kick right diagonally forward, step right together
- 10& Kick left diagonally forward, step left together
- 11-12 Step right forward, turn ½ left (weight to left)
- 13& Kick right diagonally forward, step right together
- 14& Kick left diagonally forward, step left together
- 15-16 Step right forward, turn ¼ left (weight to left, 3:00)

ROCK STEP SIDE WEAVE WITH HOLD STEPS

- 17-18 Rock right forward, recover onto left
- &19-20 Step right to side, cross left over right, hold
- &21-22 Step right slightly to side, hook left behind right, hold
- &23-24 Step right slightly to side, cross left over right, hold (4:30)

ROCK STEP FORWARD ¼ TRIPLE TURN, ROCK STEP FORWARD COASTER STEP

- 25-26 Rock right forward, recover onto left (4:30)
- 27&28 Step right back, turn 1/8 left and step left forward, turn ¼ right and step right forward (6:00)
- 29-30 Rock left forward, recover onto right
- 31&32 Step left back, step right together, step left forward (12:00)

SYNCOPATED ROCKING CHAIR ¼ TURN, SYNCOPATED ROCKING CHAIR, TOUCH BACK ½ TURN LOCK STEP

- 33&34& Cross/rock right over left, recover to left, turn ¼ left and rock right back, recover to left
- 35&36 Cross/rock right forward, recover to left, step right back (facing 9:00)
- 37-38 Touch left back, turn ½ turn left and step left in place (3:00)
- 39&40 Step right forward, lock left behind right, step right forward (3:00)

SYNCOPATED ROCKING CHAIR ¼ TURN, SYNCOPATED ROCKING CHAIR, TOUCH BACK ½ TURN LOCK STEP

- 41&42& Cross/rock left over right, recover to right, turn ¼ right and rock left back, recover to right
- 43&44 Cross/rock left forward, recover to left, step left back (facing 6:00)
- 45-46 Touch right back, ½ turn right and step right in place (12:00)
- 47&48 Step left forward, lock right behind left, step left forward (12:00)

WALK WALK STEP ¼ TURN BACK ROCK SIDE, KICK BALL CROSS HOLD ½ SPIN TURN OUT OUT

- 49-50 Step right forward, turn ¼ right and step left forward (3:00)
- 51&52 Cross/rock right behind left, recover to left, step right to side
- 53&54& Kick left forward, step left together, cross right over left, hold
- 55-56 Turn ½ left and step right slightly forward, step left to side (facing 9:00)

Dance count 31& wise with left hand forward and and right hand to right

KICK AND KICK AND CROSS ½ TURN BEND KNEES OUT OUT ½ SPIN TURN OUT OUT

57 Kick right diagonally forward
& Step right to home
58 Kick left diagonally forward
& Step left to home
59 Cross right over left
60 Turn ½ left (3:00)
&61 Hop both feet slightly forward
Bend your knees
&62 Step right to side, step left to side
63& Cross right over left, hold
64 Turn ½ left (weight to left, 9:00)

REPEAT
