

# Best Foot Forward

拍数: 32      墙数: 4      级数: Improver  
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音乐: Boogie Down - Al Jarreau



## Intro: 32 counts

- 1-8      Walk Forward R / L/ Mambo/ Walk Back L/ R/ Coaster**  
1-2      Walk forward R, L  
3&4      Rock forward on R, Recover weight to L, Step R beside L  
5-6      Walk back L, R  
7&8      Step back on L, Step R beside L, Step forward on L (12 o'clock)
- 9-16      R Side Mambo Cross/ L Side Mambo Cross/ Side R/ Step L Behind/ ¼ Shuffle**  
1&2      Rock R to R side, Recover weight to L, Cross step R over L  
3&4      Rock L to L side, Recover weight to R, Cross step L over R  
5-6      Step R to R side, Step L behind R  
7&8      Turning ¼ R Step R forward, Step L beside R, Step R forward (3 o'clock)
- 17-24      Rock/ Recover/ Back Shuffle/ ¼ Side Step/ Touch/ Side Step/ Touch**  
1-2      Rock forward on L, Recover weight back to R  
3&4      Step L back, Step R beside L, Step L back  
5-6      Turning ¼ R step R to R side, Touch L beside R  
7-8      Step L to L side, Touch R beside L (6 o'clock)
- 25-32      Step forward/ Kick/ Step Back/ Touch Back/ Step/ Pivot 1/4/ Toe Touches**  
1-2      Charleston-Step R forward, Kick L forward  
3-4      Step back on L, Touch R back  
5-6      Step R forward, Pivot turn ¼ L (L takes weight)  
7&      Slide/touch right toe forward, slide/step right together  
8&      Slide/touch left toe forward, slide/step left together (3 o'clock)

## Repeat

Wherever you are ? Crank it Up?and Dance!!!

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