

# Best Thing

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Improver / Easy Intermediate  
编舞者: Frank Trace (USA) - January 2011  
音乐: The Best Thing About Me Is You - Ricky Martin & Joss Stone



Start dance after 32 counts from the start of the music.

## RUMBA BOXES WITH HOLDS

1-4            Step R to right side, step L next to R, step R forward, hold  
5-8            Step L to left side, step R next to L, step L back, hold

## COASTER STEP, HOLD, STEP LOCK FORWARD, HOLD

1-4            Slow Coaster: Step R back, step L next to R, step R forward, hold  
5-8            Step L forward, lock R behind L, step L forward, hold

## CHASE ½ TURN LEFT, HOLD, FULL TURN RIGHT, HOLD

1-4            Step R forward, pivot 1/2 turn left, step R forward, hold (6:00)  
5-8            Make a full turn right stepping L, R, L, hold

## RIGHT SIDE MAMBO, HOLD, LEFT SIDE MAMBO. HOLD

1-4            Rock R side right, recover onto L, step R next to L, hold  
5-8            Rock L side left, recover onto R, step L next to R, hold

## ROCK FORWARD, RECOVER, ROCK SIDE, RECOVER, SAILOR 1/4 RIGHT, HOLD

1-4            Rock R forward, recover onto L, rock R to right side, recover onto L  
5-8            Slow Sailor: sweep R behind L making 1/4 turn right and step on R, step L to left side, step R next to L, hold

## ROCK FORWARD, RECOVER, ROCK SIDE, RECOVER, LEFT COASTER STEP, HOLD

1-4            Rock L forward, recover onto R, rock L to left side, recover onto R  
5-8            Slow Coaster: step L back, step R next to L, step L forward, hold (9:00)

**\* RESTART HAPPENS HERE ON SECOND WALL.**

## RIGHT SIDE STEPS, ½ TURN, RIGHT SIDE STEPS, ½ TURN RIGHT

1-4            Step R to R side, step L next to R, Step R to R side, turn ½ right (weight on right) (3:00)  
5-8            Step L to L side, step R next to L, step L to L side, turn ½ right (weight on left) (9:00)

**Note: You are making a full turn right.**

## RIGHT SIDE STEPS, FORWARD MAMBO, HOLD

1-4            Step R to R side, step L next to R, step R to R side, hold  
5-8            Rock L forward, recover back on R, step L next to R, hold

**RESTART: During wall two (9:00) dance the first 48 counts and restart the dance. You will be facing the 6:00 wall when you do the restart.**

**OPTIONAL ENDING: As the music comes to an end, replace the coaster step, in section 6, with a ¼ left turn sailor. You'll be facing the front wall to end the dance.**