

You're The Best

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Lynne Martino (USA) - July 2013
音乐: Best I Ever Had - Gavin DeGraw



16 count Intro

[1-8] 2 WALKS, MONTEREY ½ TURN, TOUCH, STEP

1,2 Walk forward, R(1), L(2)
3-6 Touch R out to right side(3), touch R next to L and turn ½ turn right(4) touch L out to left side(5), step L next to R(6)
7,8 Touch R out to right side(7), step R next to L(8) 6:00

[9-16] CROSS, BACK, BACK/KICK, STEP, SHUFFLE, ROCK, RECOVER

1,2 Cross L over R(1), step R back(2)
3,4 Step L back to left side and kick R forward(3), step on R(4)
5-8 Shuffle forward L(5), R(&), L(6), rock R forward(7), recover on L(8)

***Restarts happens here on Wall 3 & Wall 7**

[17-24] ¼ TURN, CROSS, ½ TURN, CROSS ROCK, RECOVER, STEP, CROSS

1,2 Step R ¼ right to side(1), cross L over R(2) 9:00
3,4 Step R back ¼ turn left(3), step L ¼ turn left to side, 3:00
5-8 Cross R over L(5), recover on L(6), step R to right side(7), Cross L over R(8)

[25-32] CHASSE, JAZZ BOX ¼ TURN, POINT, CROSS, POINT

1&2 Step R to right side(1), step L next to R(&), step R to right side(2)
3-5 Cross L over R(3), step R back ¼ turn left(4), step L to left side(5) 12:00
6-8 Point R to right side(6), cross R over L(7), point L to left side(8)

[33-40] CROSS, ¼ TURN, STEP, HEEL, STEP, CROSS, STEP, HEEL

1-4 Cross L over R(1), step R back ¼ turn left(2), step L to left side(3), bring R heel forward(4) 9:00
5-8 Step down on R(5), cross L over R(6), step R to right side(7), bring L heel forward(8)

[41-48] STEP, CROSS, BACK, BACK, CROSS, BACK, ROCK, RECOVER

1-4 Step down on L(1), cross R over L(2), step L back(3), step R back(4)
5-8 Cross L over R(5), step R back(6), rock L back(7), recover on R(8)

(Note: you will be moving back on these steps)

[49-56] ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, COASTER STEP

1,2 Rock L forward(1), recover on R(2)
3&4 Step L back(3), step R back next to L(&), step L forward(4)
5,6 Rock R forward(5), recover on nL(6)
7&8 Step R back(7), step L back next to R(&), step R forward(8)

[57-64] STEP, ½ TURN, ½ TURN SHUFFLE, ROCK, RECOVER, KICK BALL CHANGE

1,2 Step L forward(1), pivot ½ turn right stepping R forward(2)
3&4 Turn ½ turn right, shuffling back L(3), R(&), L(4)
5,6 Rock R back(5), recover on L(6)
7&8 Kick R forward(7), step on ball of R(&), step on L(8) 9:00

**Restarts: After 16 counts on Walls 3 & 7
Wall 3, you will be facing 12:00**

Wall 7, you will be facing 9:00

Choreographer's Info: Lynne Martino, Wiska51@aol.com, Facebook page; Lynne's Dance Crew
