

# The Best Thing

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Nathan Gardiner (SCO) & Hayley Wheatley (UK) - January 2015  
音樂: Up (feat. Demi Lovato) - Olly Murs



Intro: 16 counts start on vocals

## S1: MAMBO STEP, COASTER STEP, WALK, WALK, SHUFFLE FORWARD

1&2      Rock forward on right, Recover on left, Step back on right  
3&4      Step back on left, Step right next to left, Step forward on left  
5-6      Walk forward on right, Walk forward on left  
7&8      Step forward on right, Step left next to right, Step forward on right

## S2: ROCK FORWARD, RECOVER, COASTER STEP, STEP 1/4 LEFT, CROSS ROCK, RECOVER

1-2      Rock forward on left, Recover on right  
3&4      Step back on left, Step right next to left, Step forward on left  
5-6      Step forward on right, Turn 1/4 left  
7-8      Cross rock right over left, Recover on left

## S3: BALL CROSS, SIDE, BEHIND, SIDE, CROSS, KICK BALL CROSS, ROCK OUT, RECOVER

&1-2      Step ball of right next to left, Cross step left over right, Step right to right side  
3&4      Step left behind right, Step right to right side, Cross step left over right  
5&6      Kick right foot slightly to right diagonal, Step back in place, Cross step left over right  
7-8      Rock out to right side, Recover on left

## S4: BEHIND, SIDE, CROSS, ROCK OUT, RECOVER, SAILOR 1/4 LEFT, KICK BALL STEP

1&2      Step right behind left, Step left to left side, Cross step right over left  
3-4      Rock out to left side, Recover on right  
5&6      Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side  
7&8      Kick right foot forward, Step back in place, Step forward on left

## S5: ROCK FORWARD, RECOVER, BALL 1/4 LEFT, POINT RIGHT, CROSS SHUFFLE, SIDE, TOGETHER, BACK

1-2      Rock forward on right, Recover on left  
&3-4      Step ball of right next to left, Turn 1/4 left stepping left to left side, Point right toes out to right side  
5&6      Cross step right over left, Step left to left side, Cross step right over left  
7&8      Step left to left side, Step right to right side, Step back on left

## S6: ROCK BACK, RECOVER, SHUFFLE FORWARD, MAMBO FORWARD, MAMBO STEP BACK

1-2      Rock back on right, Recover on left  
3&4      Step forward on right, Step left next to right, Step forward on right  
5&6      Rock forward on left, Recover on right, Step back on left  
7&8      Rock back on right, Recover on left, Step forward on right

## S7: STEP 1/2 PIVOT RIGHT, 3/4 HINGE TURN RIGHT, POINT CROSS, SIDE, SAILOR STEP

1-2      Step forward on left, Turn 1/2 right  
3-4      Turn 1/4 right stepping left to left side, Turn 1/2 right stepping forward on right  
5-6      Point left toes over right, Point left toes out to left side  
7&8      Step left behind right, Step right to right side, Step left to left side

## S8: ROCK OUT CROSS, SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER

1&2      Rock out to right side, Recover on left, Cross step right over left

3-4                Rock out to left side, Recover on right  
5&6                Step left behind right, Step right to right side, Cross step left over right  
7-8                Rock out to right side, Recover on left

**Tags: At the end of walls 1, 2 & 3**

**Tag 1: At the end of wall 1 repeat the last 8 counts of the dance**

**Tag 2: At the end of wall 2**

**ROCKING CHAIR**

1-2                Rock forward on right, Recover on left  
3-4                Rock back on right, Recover on left

**Tag 3: At the end of wall 3 repeat the last 8 counts of the dance**

**Start Again.....Happy Dancing**

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