

Best Behaviour

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Best Behaviour - Louisa Johnson : (Single)



Intro - 16 counts

Fwd, Mambo Fwd/Sweep, Back/Sweep, Behind Side Cross, $\frac{1}{8}$ L Back, Back, $\frac{1}{8}$ L Behind, Fwd x2

1 RF step forward
2&3 LF rock forward, RF recover, LF step back and sweep RF back
4 RF step back and sweep LF back
5&6 LF cross behind, RF step side, LF cross over
&7 RF $\frac{1}{8}$ left step back, LF step back
8&1 RF $\frac{1}{8}$ left cross behind, LF step forward, RF step forward [9]

Side Touch Side, Rock Back Recover, $\frac{1}{4}$ R Side, Rock Behind Recover, Point/Hip Bumps

2&3 LF step side, RF touch beside, RF step side
4&5 LF rock back, RF recover, LF $\frac{1}{4}$ right step side
6& RF rock behind, LF recover
7&8 RF point side and hips right, recover, hips right [12]

Samba $\frac{1}{2}$ L, Samba $\frac{3}{8}$ R, Run x2, Point, $\frac{1}{8}$ R Behind- $\frac{1}{4}$ R Fwd-Fwd

1&2 LF $\frac{1}{4}$ left step forward, RF $\frac{1}{4}$ left rock side, LF recover
3&4 RF cross over, LF $\frac{1}{4}$ right rock side, RF $\frac{1}{8}$ right recover
5&6 LF run forward, RF run forward, LF point side
7&8 LF $\frac{1}{8}$ right cross behind, RF $\frac{1}{4}$ right step forward, LF step forward [3]

Bodyroll x2, Cross- $\frac{1}{8}$ L Back-Back, $\frac{1}{8}$ L Behind- $\frac{1}{4}$ L Fwd, Start Step Lock Step Fwd

1-2 RF step forward and hips forward, recover
1-2 with bodyroll
3&4 hips forward, recover, recover
3&4 with bodyroll
5&6 LF cross over, RF $\frac{1}{8}$ left step back, LF step back
7&8& RF $\frac{1}{8}$ left cross behind, LF $\frac{1}{4}$ left step forward, RF step forward, LF lock behind

Start again

Restart: Dance the 2nd and 6th wall up to and including count 16 (count 8 of the 2nd section), then:

& recover

and start again