

Simply The Best

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate Cha Cha style
編舞者: Maddison Glover (AUS) & Rachael McEnaney (USA) - March 2019
音樂: The Best (Edit) - Tina Turner : (iTunes)



Count In: 16 counts from start of track, dance begins on vocals

Notes: Restart after 16 counts during 4th wall

START AGAIN ☺ HAVE FUN

[1 – 9] R fwd, 1/4 turn R hitching L, L cross, R chasse, Hold, L ball close, R cross, L side rock, L cross

1 2 3 [1] Step forward R, [2] Make 1/4 turn right as you hitch L knee, [3] Cross L over R 3.00

4&5 6 [4] Step R to right side, [&] Step L next to R, [5] Step R to right side, [6] Hold as you drag L towards R (weight remains R) 3.00

&7 8&1 [&] Step ball of L next to R, [7] Cross R over L, [8] Rock L to left side, [&] Recover weight R, [1] Cross L over R 3.00

[10 – 17] R diagonal forward rock, R behind, 1/4 turn L fwd L, R fwd, 1/2 pivot L - weight R, L back, R coaster step

2 3 [2] Rock R forward to right diagonal, [3] Recover weight L 4.30

4&5 6 [4] Cross R behind L, [&] Make 1/4 turn left stepping forward L [5] Step forward R, [6] Pivot 1/2 turn L keeping weight R 6.00

7 8 & 1 [7] Step back L, [8] Step back R, [&] Step L next to R, [1] Step forward R 6.00

RESTART 4th wall begins facing 6.00, dance up to count 16& (8& of this section) then Restart the dance facing 12.00

[18 – 25] Hold, L close, R forward, Hold, L close, R forward, 1/2 pivot L, 1/2 turn L back R, 1/4 turn L chasse

2&3 4&5 [2] Hold, [&] Step L next to R, [3] Step forward R, [4] Hold, [&] Step L next to R, [5] Step forward R 6.00

6 7 [6] Pivot 1/2 turn left (weight ends L), [7] Make 1/2 turn left stepping back R 6.00

8&1 [8] Make 1/4 turn left stepping L to left side, [&] Step R next to L, [1] Step L to left side 3.00

[26 – 33] R back rock, R fwd, 1/4 turn R side L, R close, L cross, R side, L behind, R side, L cross

2 3 4&5 [2] Rock back R, [3] Recover weight L, [4] Step forward R, [&] Make 1/4 turn right stepping L to left side, [5] Step R next to L 6.00

6 7 8&1 [6] Cross L over R, [7] Step R to right side, [8] Cross L behind R, [&] Step R to right side, [1] Cross L over R 6.00

[34 – 40] R point, 1/4 turn R, 1/4 turn R with L side rock, L cross, Hold, R side, L touch, L side, R touch

2 3 [2] Point R to right side as you bend L knee slightly, [3] Make 1/4 turn right stepping forward R 9.00

4 & 5 [4] Make 1/4 turn right rocking L to left side, [&] Recover weight R, [5] Cross L over R 12.00

6&7&8 [6] Hold, [&] Step R to right side, [7] Touch L next to R, [&] Step L to left side, [8] Touch R next to L 12.00

[41 – 48] R back, L point fwd (body angled) Close L as you flick R back, R fwd, L fwd, R kick, R close, L point, 1/2 turn L sailor step

&1 2 3 4 [&] Step back R angling body to 1.30, [1] Point L toe forward (body still facing 1.30), [2] Square up to 12.00 as you step L next flicking R foot back, [3] Step forward R, [4] Step forward L - 12.00

5&6 [5] Kick R forward, [&] Step R next to L, [6] Point L to left side (style option: [5]Snap fingers forward, [6]Snap fingers to sides 12.00

7&8 [7] Cross L behind R, [&] Make 1/4 turn left stepping R next to L, [8] Make 1/4 turn left stepping forward L 6.00

Ending:-

The last wall begins facing the front and ends facing the back. To finish the dance, begin the dance as you would stepping forward R but make 1/2 turn right hitching L knee (instead of 1/4) the track ends here.
