

# The Best

拍數: 144      牆數: 2      級數: Phrased Improver  
編舞者: Alfred Wolf (DE) - July 2019  
音樂: The Best (Edit) - Tina Turner



Count In: 16 Counts

Sequence: A, A, B, A, B, C, C, B (At 3rd time A6, replace steps 5-8 with Tag)

## [A1] TOE TOUCH FWD 2x, TOGETHER (R+L), SHUFFLE FWD (R+L)

1&2      Touch R FWD 2x, step R together  
3&4      Touch L FWD 2x, step L together  
5&6      Step fwd R, step L next to R, step fwd R  
7&8      Step fwd L, step R next to L, step fwd L

## [A2] BACK, DRAG 2x, MONTEREY ¼ TURN R 2x

1-2, 3-4      Step back on R, drag L to R 2x  
5&      Touch R toe to right side, turn ¼ right as you step R next to L  
6&      Touch L toe to left side, step L next to R  
7&      Touch R toe to right side, turn ¼ right as you step R next to L  
8&      Touch L toe to left side, step L next to R

## [A3+4] REPEAT [A1]+[A2]

## [A5] ROCK SIDE, CROSS & CROSS & CROSS, SIDE, COASTER STEP

1-2      Rock R to right side, recover onto L  
3&      Cross R over L, step L to left side  
4&      Cross R over L, step L to left side  
5-6      Cross R over L, step L to left side  
7&8      Step back R, step L next to R, step fwd R

## [A6] ROCK SIDE, SHUFFLE ACROSS, MONTEREY ½ TURN R

1-2      Rock L to left side, recover onto R  
3&4      Cross L over R, step R to right side, cross L over R  
5-6      Touch R to right side, turn ½ right as you step R next to L  
7-8      Touch L to left side, step L beside R

## [B1] ROCK SIDE, SHUFFLE ACROSS, ROCK SIDE, SHUFFLE ACROSS,

1-2      Rock R to right side, recover onto L  
3&4      Cross R over L, step L to left side, cross R over L  
5-6      Rock L to left side, recover onto R  
7&8      Cross L over R, Step R to right side, cross L over R

## [B2] SIDE, BEHIND, SHUFFLE SIDE ¼ TURN R, STEP, PIVOT ½ R, ½ TURN R, ½ TURN R

1-2      Step R to side, cross L behind R  
3&4      Step R to right, step L beside R, step R to right ¼ turn right.  
5-6      Step fwd L, pivot ½ right  
7-8      Turn ½ right stepping back L, turn ½ right stepping fwd R

## [B3] SHUFFLE FWD L, STEP, PIVOT ½ L, ½ TURN L, ½ TURN L, SHUFFLE FWD R

1&2      Step fwd L, step R next to L, step fwd L  
3-4      Step fwd R, pivot ½ left  
5-6      Turn ½ left stepping back R, turn ½ right stepping fwd L

7&8 Step fwd R, step L next to R, step fwd R

**[B4] ROCK FWD L, BACK SWEEP TURN ¼ L, KICK-BALL-CHANGE, TOUCH BEHIND, UNWIND ½ R**

1-2 Rock fwd on L, recover on R  
3&4 Sweep L behind R with ¼ turn L, step R beside L, step fwd L  
5&6 Kick R fwd, step ball R beside L, step L in place  
7-8 Touch R behind L, ½ turn right on balls (weight ends on R)

**[B5-8] REPEAT [B1]-[B4] (06:00), START WITH LEFT FOOT**

**[C1] VAUDEVILLE L + R 2x**

1&2& Cross R over L, step L to the left, touch R heel diagonally fwd, step R beside L  
3&4& Cross L over R, step R to the right, touch L heel diagonally fwd, step L beside R  
5&6& Cross R over L, step L to the left, touch R heel diagonally fwd, step R beside L  
7&8& Cross L over R, step R to the right, touch L heel diagonally fwd, step L beside R

**[C2] ROCK FWD R, COASTER STEP, ROCK FWD L, TOUCH BEHIND, UNWIND ½ L**

1-2 Rock fwd on R, recover on L  
3&4 Step back R, step L next to R, step fwd R  
5-6 Rock fwd on L, recover on R  
7-8 Touch L behind R, ½ turn left on balls (weight ends on L)

**[C3] VAUDEVILLE L + R, STEP, PIVOT ½ L, TURN ½ L, TURN ½ L**

1&2& Cross R over L, step L to the left, touch R heel diagonally fwd, step R beside L  
3&4& Cross L over R, step R to the right, touch L heel diagonally fwd, step L beside R  
5-6 Step fwd R, pivot ½ left  
7-8 Turn ½ left stepping back R, turn ½ right stepping fwd L

**[C4] SHUFFLE FWD R, STEP, PIVOT ½ R, TURN ½ R, TURN ½ R, SHUFFLE FWD L**

1&2 Step fwd R, step L next to R, step fwd R  
3-4 Step fwd L, pivot ½ right  
5-6 Turn ½ right stepping back L, turn ½ right stepping fwd R  
7&8 Step fwd L, step R next to L, step fwd L

**[Tag] HALF MONTEREY ½ TURN R, HALF MONTEREY ½ TURN L**

1-2 Touch R to right side, turn ½ right as you step R next to L  
3-4 Touch L to left side, turn ½ left as you step L next to R

**[End] Unwind with slow sweep [Ending 12:00]**

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