

The Best Thing

拍數: 64 牆數: 4 級數: Improver
編舞者: Nelly Billes (DE) - February 2020
音樂: The Best Thing That I Had Goin' - Brad Paisley



Restart: Wall 3. Section 6. After count 4.

SECTION 1:

1 - 2 STEP RIGHT - STOMP UP (Step right to right side. Stomp left (no weight) beside right.)
3 - 4 STEP LEFT - STOMP UP (Step left to left side. Stomp right (no weight) beside left.)
5 - 6 KICK RIGHT FORWARD - HOOK (Lift right and cross over left leg.)
7 - 8 KICK RIGHT FORWARD x 2

SECTION 2:

1 - 2 ROCK BACK RIGHT (Rock back of right. Rock forward onto left.)
3 - 4 1/4 TURN LEFT + STEP RIGHT BACK - HOLD
5 - 6 ROCK BACK LEFT (Rock back of left. Rock forward onto right.)
7 - 8 STEP LEFT FORWARD - HOLD

SECTION 3:

1 - 3 LOCK FORWARD RIGHT (Step forward right. Lock left behind right. Step forward right.)
4 SCUFF LEFT
5 - 7 LOCK FORWARD LEFT (Step forward left. Lock right behind left. Step forward left.)
8 STOMP UP (Stomp right (no weight) beside left.)

SECTION 4:

1 - 4 SCISSOR RIGHT STEP (Step right to right side. Close left beside right. Cross right over left and hold.)
5 - 8 SCISSOR LEFT STEP (Step left to left side. Close right beside left. Cross left over right and hold.)

SECTION 5:

1 - 4 TURNING GRAPEVINE - HOLD (Step right to right. Cross left behind right. ¼ turn right, step forward and hold.)
5 - 6 PIVOT 1/4 RIGHT (Step forward left Pivot 1/4 turn.)
7 - 8 CROSS - HOLD (Cross left over right and hold.)

SECTION 6:

1 - 2 HEEL TOUCH - TOGETHER (Touch right heel forward. Step right beside left.)
3 - 4 CROSS (Cross left over right.) - HOLD

*****RESTART: WALL 3

5 - 6 HEEL TOUCH - TOGETHER (Touch right heel forward. Step right beside left.)
7 - 8 CROSS - HOLD (Cross left over right and hold.)

SECTION 7:

1 - 2 DIAGONAL STEP RIGHT - STOMP UP (Step right diagonally forward. Stomp left (no weight) beside right.)
3 - 4 DIAGONAL STEP BACK - STOMP UP (Step left diagonally back. Stomp right (no weight) beside left.)
5 - 6 DIAGONAL STEP BACK - STOMP UP (Step right diagonally back. Stomp left (no weight) beside right.)
7 - 8 DIAGONAL STEP LEFT - STOMP UP (Step left diagonally forward. Stomp left (no weight) beside right.)

SECTION 8:

- 1 - 4 ROCKING CHAIR RIGHT (Rock forward on right. Rock back onto left. Rock back on right. Rock forward onto left.)
- 5 - 6 TOE STRUT 1/2 TURN LEFT (A 1/2 turn left. Step right toe back. Drop right heel taking weight.)
- 7 - 8 STEP 1/2 TURN LEFT - HOLD (A 1/2 left turn on the right foot. Step left forward and hold.)

Have fun, enjoy the dance and do not forget to smile!
