

My Bestie

拍數: 32 牆數: 4 級數: High Improver
編舞者: Colin Ghys (BEL) & José Miguel Belloque Vane (NL) - May 2021
音樂: Iko Iko (My Bestie) (feat. Small Jam) - Justin Wellington



#16 Count Intro

[01 - 08]: Walk Walk, Rock, Side Rock, Extended Weave, Touch Heel Bounce

1-2 Step right forward, step left forward
3&4& Rock right forward, recover weight onto left, rock right to right, recover weight onto left
5&6& Step right behind left, step left to left, cross right over left, step left to left
7&8 Touch right behind left, lift both heels, lower both heels transferring weight onto right

Option

&8 Raise right shoulder, lower right shoulder raise left shoulder

[09 - 16]: Forward Rumba Box, Back, Back, Coaster Step

1&2 Step left to left, step right beside left, step left forward
3&4 Step right to right, step left beside right, step right back
5-6 Step left back, step right back
7&8 Step left back, step right beside left, step left forward

[17 - 24]: Step ½ Pivot, Step ¼ Pivot, Vaudeville, Vaudeville

1-2 Step right forward, pivot ½ left transferring weight onto left (6:00)
Arms Push both hands to ceiling shaking hands from side to side, lower both hands
3-4 Step right forward, pivot ¼ left transferring weight onto left (3:00)
Arms Push both hands to ceiling shaking hands from side to side, lower both hands
5&6& Cross right over left, step left to left, touch right heel to right diagonal, step right beside left
7&8& Cross left over right, step right to right, touch left heel to left diagonal, step left to left

[25 - 32]: ¾ Volta Turn, Weave Sweep, ¼ Weave Touch

1& Turn ¼ right cross right over left, step left beside right (6:00)
2& Turn ¼ right cross right over left, step left beside right (9:00)
3&4 Turn ¼ right cross right over left, step left beside right, step right forward (12:00)
5&6 Cross left over right, step right to right, step left behind right sweeping right from front to back
7&8 Step right behind left, turn ¼ left step left forward. Touch right beside left (9:00)

Tag 1: After Walls 1, 3, 4

V-Step

1-2 Step right to right diagonal, step left to left
3-4 Step right back, step left together

Note Shimmy shoulders on V-Step

Tag 2: After Wall 6

V-Step, Step ½ Pivot, Step ½ Pivot

1-2 Step right to right diagonal, step left to left
3-4 Step right back, step left together

Note Shimmy shoulders on V-Step

5-6 Step right forward, pivot ½ left transferring weight onto left
7-8 Step right forward, pivot ½ left transferring weight onto left