

# The Best of Me

拍數: 36                      牆數: 4                      級數: Intermediate  
編舞者: Bambang Satiyawan (INA) - June 2021  
音樂: The Best of Me - David Foster



Start dance on vocal,

## SECTION I. FORWARD AND SWEEP-CROSS-SIDE-BACK AND SWEEP-BEHIND-TURN AND FORWARD-TURN AND SIDE-BEHIND-TURN AND FORWARD-PIVOT-CROSS-TURN AND BACK.

- 1 - 2&                      Step R forward and Sweep L forward, Cross L over R, Step R to side
- 3 - 4&                      Step L back and Sweep R back, Cross R behind L, Turn ¼ left Step L forward
- 5 - 6&                      Turn ¼ left Step R to side, Cross L behind R, Turn ¼ right Step R forward
- 7&8&                      Step L forward, Turn ¼ right Step R in place, Cross L over R, Turn ¼ left Step R back

## SECTION II. TURN AND SIDE-CLOSE-CROSS-DIAMOND-CLOSE-CROSS.

- 1 - 2&                      Turn ¼ left Step L to side, Close R slightly behind L, Cross L over R
- 3 - 4&                      Step R to side, Turn 1/8 left Step L back, Step R back
- 5 - 6&                      Turn 1/8 left Step L to side, Turn 1/8 left Step R forward, Step L forward
- 7 - 8&                      Turn 1/8 left Step R to side, Close L slightly behind R, Cross R over L

\*Tag Here on wall : 1, 2 and 4

## SECTION III. TURN AND FORWARD AND SWEEP-CROSS-SIDE-BACK AND SWEEP-BEHIND-SIDE-LUNGE-IN PLACE-SIDE-FORWARD- FORWARD TRAVELING TURN

- 1 - 2&                      Turn ¼ left Step L forward and Sweep R forward, Cross R over L, Step L to side
- 3 - 4&                      Step R back and Sweep L back, Cross L behind R, Step R to side
- 5 - 6&                      Turn 1/8 right Step L forward and bent your L, Step R in place, Step L to side
- 7 - 8&                      Step R forward, Turn ½ right Step L back, Turn ½ right Step R forward

## SECTION IV. HITCH-BACK WALK-BACK SWEEP-BEHIND-SIDE-CROSS-TURN AND BACK-SIDE-CROSS-TURN AND BACK-SIDE

- 1 - 2&                      Step L forward and Hitch your R, Step R back, Step L back
- 3 - 4&                      Step R back and Sweep L back, Cross L behind R, Step R to side
- 5 - 6&                      Cross L over R, Turn ¼ left Step R back, Step L to side
- 7 - 8&                      Cross R over L, Turn ¼ right Step L back, Step R to side

## SECTION V. FORWARD-SIDE AND SWAY- LONG SIDE STEP-DRAG

- 1 - 2                      Step L forward, Step R to side and Sway your hip
- 3 - 4                      Long step L to side, Drag R to L

## TAG : TURN AND FORWARD AND SWEEP-FORWARD AND SWEEP-CROSS-SIDE-BACK AND SWEEP-BEHIND-SIDE

- 1 - 2                      Turn ¼ left Step L forward and Sweep R forward, Step R forward and Sweep L forward
- 3 & 4                      Cross L over R, Step R to side, Step L back and Sweep R back
- 5 &                      Cross R behind L, Step L to side

Enjoy the dance,

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