

Best Days Come

拍數: 32 牆數: 2 級數: High Beginner
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音樂: Worst Best Day - Stanaj



no tags or restarts.

Introduction: 16 counts , start on approx. 10 sec.

Part 1. [1-8] R Side, L Behind with Sweep R, Weave L, L Side, R Behind with Sweep, Weave R.

1,2 Step Rf to R (1), Step Lf behind Rf and sweep Rf from front to back (2).
3&4 Step Rf behind Lf (3), Step Lf to L (&), Step Rf across Lf (4).
5,6 Step Lf to L (5), Step Rf behind Lf and sweep Lf from front to back (6).
7&8 Step Lf behind Rf (7), Step Rf to R (&), Step Lf across Rf (8).

Part 2. [9-16] R Side, L Behind, R Side, Cross Rock L, L Side, Cross Rock L, R Side, Step Lock Step L.

1,2& Step Rf to R (1), Step Lf behind Rf (2), Step Rf to R (&).
3,4& Cross Rock Lf fwd (3), Recover back onto Rf (4), Step Lf to L (&).
5,6& Cross Rock Rf fwd (5), Recover back onto Lf (6), Step Rf to R (&).
7&8 Step Lf fwd (7), Lock Rf behind Lf (&), Step Lf fwd (8).

Part 3. [17-24] Syncopated Rumba Box Back R, L, R Back, L Side ¼ Turn L, Walk Fwd R, L.

1&2 Step Rf to R (1), Step Lf beside Rf (&), Step Rf back (2).
3&4 Step Lf to L (3), Step Rf beside Lf (&), Step Lf back (4).
5,6 Step Rf back (5), Make ¼ turn L (9.00) step Lf to L (6).
7,8 Walk Rf fwd (7), Walk Lf fwd (8).

Part 4. [25-32] R Side, Heel Flick L, Replace, Heel Flick R, Replace, Heel Flick L, Replace, R Heel Touch Fwd, R Back ¼ L, L Heel Touch Fwd, L Side, R Together, L Fwd.

1& Step Rf to R (1), Flick Lf behind R knee (&).
2& Step Lf back in place (2), Flick Rf behind L knee (&).
3&4 Step Rf back in place (3), Flick Lf behind R knee (&), Step Lf back in place (4).
5&6 Touch R heel fwd (5), Make ¼ turn L (6.00) step Rf back (&), Touch L heel fwd holding weight onto Rf (6).
7&8 Step Lf to L (7), Step Rf beside Lf (&), Step Lf fwd (8).

REPEAT THE DANCE AND HAVE FUN!!