

Simply the Best

拍數: 48 牆數: 4 級數: Beginner
編舞者: Sisters Buttons (LAT) - March 2023
音樂: The Best - Tina Turner



TOE STRUT SIDE, ROCK SIDE, RECOVER, CROSS SHUFFLE

1-2 Touch R toes side, drop R heel to floor
3-4 Touch L toes cross RF, drop L heel to floor
5-6 Rock side on RF, recover on LF
7&8 Step RF across LF, step LF to L, step RF across LF

TOE STRUTS, ROCK SIDE, RECOVER, SAILOR STEP

1-2 Touch L toes side, drop L heel to floor
3-4 Touch R toes cross LF, drop R heel to floor
5-6 Rock side on LF, recover on RF
7&8 Step LF behind RF, step RF to R, step LF forward

* RESTART here on wall 5

ROCK FORWARD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER

1-2 Rock forward on RF, recover on LF
3&4 Shuffle back stepping RF, LF, RF to R diagonal
5&6 Shuffle back stepping LF, RF, LF to L diagonal
7-8 Rock back on RF, recover on LF (12:00)

TURN ¼ LFT, TURN ½ LEFT, SAILOR STEP, SAILOR STEP ½ LEFT

1-2 Touch R toes side ¼ L, drop R heel to floor (9:00)
3-4 Touch L toes side ½ L, drop L heel to floor (3:00)
5&6 Step RF behind LF, step LF to L, step RF to R side
7&8 Cross LF behind RF, ¼ turn L stepping RF next to LF, step LF side (9:00)

* RESTART here on wall 7

STEP FORWARD, TOUCH SIDE, ROCK SIDE WITH TURN ¼ LEFT, SHUFFLE FORWRD

1-2 Step RF forward, touch LF to side
3-4 Step LF forward, touch RF to side
5-6 Sway to R side, recover on LF turn ¼ to L (6:00)
7&8 Shuffle forward stepping RF, LF, RF

STOMP, HEEL BOUNCE X 3, JAZZ BOX ¼ RIGHT

1-4 Stomp LF forward, bounce heels 3 times taking weight onto LF
5-8 Cross RF over LF, step back on LF, turn ¼ R while stepping RF to R side, step LF next to RF (9:00)

Restart after 16 counts on wall 5 and after 32 counts on wall 7.

Hope you enjoy the dance.

Last Update: 7 Mar 2023