

# Simply the Best

拍數: 48                      牆數: 4                      級數: Beginner / Improver  
編舞者: Janine Kilian (SA) - 12 May 2023  
音樂: Simply the best (Cover Remix) - Tina Turner



**INTRO : 64 counts, start on lyrics - NO TAGS / RESTARTS – ACW rotation**

**Section 1 (1 – 8) Touch R forward, Step R, Touch L forward, Step L, R Rock forward & recover on L, R Shuffle back**

1 - 2                      Touch R forward (1), Step R forward (2)  
3 - 4                      Touch L forward (3), Step L forward (4)  
5 - 6                      R Forward Rock (5) & recover L (6)  
7 & 8                      R Shuffle back (R, L, R) (7 & 8) (Facing 12h)

**Section 2 (9 – 16) L Backrock & recover R, ¼ turn right with L Shuffle back (LRL), R backrock, recover L & R Shuffle forward**

1 – 2                      L backrock (1) & recover on R (2),  
3 & 4                      ¼ turn right with a L Shuffle back (L, R, L) (3 & 4) (Facing 3h)  
5 – 6                      R backrock (5) & recover on L (6)  
7 & 8                      R Shuffle forward (R, L, R) (7 & 8) (Facing 3h)

**Section 3 (17 – 24) L Lockstep diagonal to the left, R Lockstep diagonal to the right, Cross-rock L over R, recover on R & ¼ turn left with Side Chasse to the Left**

1 & 2                      L Lockstep diagonally forward to left (1 & 2)  
3 & 4                      R Lockstep diagonally forward to the right (3 & 4)  
5 - 6                      Cross-rock L over R (5) & recover on R (6),  
7 & 8                      ¼ turn left & Side Chasse to the left (7 & 8) (Facing 12h)

**Section 4 (25 – 32) Cross rock R over L & recover on L, ¼ turn right with a R step side & hold (hitch L), Side Chasse left, ½ Turn R with a Side Chasse R**

1 – 2                      Cross rock R over L (1) & recover on L (2),  
3 - 4                      ¼ turn right with a R step to the side (3) & hold (hitch L) (4) (Facing 3h)  
5 & 6                      Side Chasse L (L, R, L) (5 & 6) (Facing 3h)  
7 & 8                      ½ Turn R & immediately Side Chasse R (R, L, R) (7 & 8) (Facing 9h)

**Section 5 (33 – 40) Cross-rock L over R & Recover on R, Side Chasse Left, Cross rock R over L & recover on L, R Side Rock & recover on L**

1 - 2                      Cross rock L over R (1) & recover on R (2),  
3 & 4                      Side Chasse Left (L, R, L) (3 & 4) (Facing 9h)  
5 – 6                      Cross rock R over L (5) & recover on L (6),  
7 - 8                      Side rock R (7) & recover on L (8) (Facing 9h)

**Section 6 (41 – 48) R Step forward, ½ Pivot turn Left, R Shuffle forward, L Step forward, ½ Pivot turn Right, L Shuffle forward**

1 & 2                      Step R forward (1), ½ Pivot turn left & Recover on L (2)  
3 & 4                      R Shuffle forward (R, L, R) (3 & 4)  
5 - 6                      Step L forward (5), ½ Pivot turn right & Recover on R (6)  
7 & 8                      L Shuffle forward (L, R, L) (7 & 8) (Facing 9h)

**START AGAIN .... ENJOY!!**

**Date Issued : 12/05/2023**

