

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!!

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