

The Best Years

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Ron Tate (UK) - July 2023
音樂: The Best Years of Our Lives - Rodney Crowell



Count In: Dance starts on vocals (8 count intro approx. 8 seconds in)

Tag(s): There are no Tags or Restarts

Section (1) Side Rocks, Cross Shuffle, Side Rocks, Cross Shuffle Wall

1 – 2 SIDE ROCK (R), SIDE ROCK (L)
3 & 4 CROSS (R) over (L), STEP (L) to SIDE, CROSS (R) over (L)
5 – 6 SIDE ROCK (L), SIDE ROCK (R)
7 & 8 CROSS (L) over (R), STEP (R) to SIDE, CROSS (L) over (R)

Section (2) Side, Behind, Kick-Ball Cross, Side Rocks, Cross Shuffle

1 – 2 STEP (R) to SIDE, CROSS (L) behind (R)
3 & 4 KICK (R) FORWARD, STEP (R) to SIDE & CROSS (L) over (R)
5 – 6 SIDE ROCK (R), SIDE ROCK (L)
7 & 8 CROSS (R) over (L), STEP (L) to SIDE, CROSS (R) over (L)

Section (3) Step, ¼ Turn, Cross Rocks, Chasse, Rock Back & Forward

1 – 2 STEP (L) to SIDE, Make a ¼ TURN (R) stepping (R) to SIDE 3 o'clock
3 – 4 CROSS ROCK (L) over (R), ROCK BACK (L)
5 & 6 STEP (L) to SIDE, STEP (R) next to (L), STEP (L) to SIDE

NB. Dance ends at this point.

To end facing the front wall, make a ¼ Turn (L) on count 6, Stomp (R)

7 – 8 ROCK STRAIGHT BACK (R), ROCK FORWARD (L)

Section (4) Syncopated Jazz Box, Rock Steps, Shuffle

1 – 2 CROSS (R) over (L), STEP BACK (L)
& 3 – 4 STEP (R) to SIDE & CROSS (L) over (R), STEP (R) to SIDE
5 – 6 ROCK BACK (L), ROCK FORWARD (R)
7 & 8 STEP FORWARD (L), STEP (R) next to (L), STEP FORWARD (L)

REPEAT STEPS