

# Pure And Simple

拍數: 56      牆數: 4      級數: Intermediate  
編舞者: David Sinfield (UK) & Andrene Steele (UK)  
音樂: Simply The Best - Tina Turner



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## SKATES RIGHT, SKATES LEFT, RIGHT SHUFFLE, SKATES LEFT, SKATES RIGHT, LEFT SHUFFLE

1-2      Skate forward right, skate forward left  
3&4      Step right forward, close left beside right, step right forward  
5-6      Skate forward left, skate forward right  
7&8      Step left forward, close right beside left, step left forward

## ROCK FORWARD, SHUFFLE ½ RIGHT, ROCK STEP, COASTER

1-2      Rock forward right, replace weight on left  
3&4      Shuffle ½ turn right, stepping right, left, right  
5-6      Rock forward left, replace weight on right  
7&8      Step back left, step right in place, step forward left

## SIDE, BEHIND, HEEL JACK, CROSS, SIDE, BEHIND, HEEL JACK, CROSS

1-2      Step right to right, cross left behind right  
3&4&      Step right to right, touch left heel forward, step left in place, cross right over left  
5-8      Repeat steps leading with left

## ¼ TURN, STEP, COASTER STEP, WALKS LEFT & RIGHT, LEFT SHUFFLE

1-2      Step right into ¼ turn right, step left in place  
3&4      Step right back, step left beside right, step left forward  
5-6      Walk forward left, walk forward right  
7&8      Step left forward, close right beside left, step left forward

## HEEL, TOE, RIGHT SHUFFLE, HEEL, TOE, LEFT SHUFFLE

1-2      Touch right heel forward, touch right toe back  
3&4      Step forward right, close left beside right, step forward right  
5-8      Repeat steps 1-4 leading with the left foot

## FULL TURN, CHASSE RIGHT, FULL TURN, CHASSE LEFT

1-2      Turn a ½ turn on right to right, turn a ½ turn on left to right  
3&4      Step right to right, close left beside right, step right to right  
5-6      Turn a ½ turn on left to left, turn a ½ on right to left  
7&8      Step left to left, close right beside left, step left to left

## 2 X MONTEREY TURNS

1-2      Touch right to side, on the ball of right turn ½ turn right stepping left beside right  
3-4      Touch left to side, bring left into right  
5-8      Repeat steps 1-4

**REPEAT**

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