Simply The Best



拍數: 48 牆數: 2 級數: Intermediate

編舞者: Geri Morrison (UK)

音樂: Simply The Best - Tina Turner



Dedicated to the Riff Raff Gals

KICK & CROSS.	RIGHT	CHASSE.	KICK &	CROSS	1/4 LEFT SHUFFLE
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1&2	Kick right forward.	step back on right.	cross left over right

3&4 (Chasse right) right to right, step left next to right, step right to right

5&6 Kick left forward, step back on left, cross right over left

7&8 Shuffle forward ¼ turn left (left, right, left)

RIGHT MAMBO, TOUCH, ½ TURN, PIVOT ½ TURN STEP, ROCK & CROSS

1&2	(Right mambo) rock forward on right	aht recover weight on left s	ten right next to left

3-4 Touch left back, turning ½ left, taking weight on left

5&6 Step forward on right, pivot ½ turn left taking weight on left, step forward right

7&8 Rock left to left side, recover weight on right, cross left over right

1/4 TURN SHUFFLE, 1/2 TURN PIVOT, FORWARD SHUFFLE, FULL TURN

1&2 Make ¼ turn right, right shuffle forward

3-4 Step forward on left, pivot ½ turn right, taking weight on right

5&6 (Shuffle forward) left, right, left

7-8 Make a full turn forward left, stepping right then left (6:00)

MAMBO FORWARD, 1/4 TURN SIDE CROSS, KICK & CROSS, ROCK & CROSS

1&2	(Right mambo) rock forward on	right recover weight on left	sten right next to left

3-4 Step left ¼ turn left, cross right over left

Kick left forward, step left next to right, cross right over left
 Rock left to left side, recover weight on right, cross left over right

SIDE TOGETHER BACK, BACK LOCK STEP, ROCK RECOVER KICK, ROCK RECOVER CROSS

1&2 Step right to right side, bring left beside right, step back on right

3&4 Step back on left, cross right over left, step back on left
 5&6 Rock back on right, recover weight on left, kick right forward
 7&8 Rock back on right, recover weight on left, cross right over left

STEP BACK 1/4 TURN POINT, 1/2 TURN POINT, CROSS ROCK TOUCH, CROSS UNWIND 1/2 TURN RIGHT

1-2 Step back on left turning ¼ turn right, point right to right side

Take weight on right make ½ turn right, point left to left side (12:00)
Cross left over right, recover weight on right, point left to left side
Cross left over right, unwind ½ turn right (take weight on left) (6:00)

REPEAT

TAG

At the end of second wall and end of fourth wall (both facing 12:00)

1-2 Step right to right, touch left beside right3-4 Step left to left, touch right beside left

5-6 Skate forward right, left7-8 Stomp right, stomp left

Arms option: on 7 put left hand on hip at same time point right arm across left hand, on 8 point right arm in the

air diagonally right

9&10 (Chasse right) stepping right, left, right

11-12 Cross left over right; unwind a full turn right (weight on right)

13&14 (Chasse left) stepping left, right, left

15-16 Rock back on right, recover weight on left

Start the dance from the beginning

ENDING

You will be facing 9:00 on section 4 counts 5&6 (kick & cross). Just unwind slowly left to face front arms raised