

The Greatest

拍數: 48 牆數: 1 級數: Improver
編舞者: Ruthie B (UK)
音樂: The World's Greatest - R. Kelly



SKATE, SKATE, SHUFFLE, JAZZ BOX, CHASSE

1-2 Skate forward right, left
3&4 Shuffle forward, right, left, right
5-6 Cross left over right, step back on right
7&8 Chasse left, stepping left, right, left

SAILOR RIGHT & LEFT, CROSS ROCK, CHASSE ¼ TURN RIGHT

1&2 Sailor step right, step right behind step on ball of left, replace weight to right
3&4 Sailor step left, step left behind, step on ball of right, replace weight to left
5-6 Cross rock right over left, replace weight to left
7&8 Chasse right stepping right, left, stepping on right make ¼ turn right

STEP ½ TURN, SWEEP, BEHIND SIDE CROSS TWICE

1-2 Step forward on left, make ½ turn right keeping weight on left, sweep right to the right
3&4 Step right behind left, step left to left side, cross right over left
5-6 Rock left to left side, replace weight to right
7&8 Step left behind right, step right to right side, cross left over right

STEP RIGHT HOLD, STEP TOUCHES

1-2 Step right to right side, hold
&3-4 Step left beside right, step right to right side, touch left beside right
5-6 Step left to left side, touch right beside left
7-8 Step right to right side, touch left beside right

ROCK & CROSS TWICE HINGE ½ TURN, CROSSING SHUFFLE

1&2 Rock left to left side, replace weight to right, cross left over right
3&4 Rock right to right side, replace weight to left, cross right over left
5-6 Step back on left making ¼ turn right, step right to right side making ¼ turn right
7&8 Cross shuffle left over right

ROCK & CROSS TWICE ¼ TURN RIGHT, TOE TOUCHES ½ TURN RIGHT

1&2 Rock right to right side, replace weight to left, cross right over left
3&4 Rock left to left side, replace weight to right making ¼ turn right, step forward left
5&6& Touch right toe forward, close, touch left toe forward, close turning ¼ turn right
7&8& Touch right toe forward, close, touch left toe forward close on & count ¼ turn right

REPEAT

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4th repetition only. Dance the 48 counts then repeat the last 16 counts. When you finish the toe touches end with a left touch weight on right

1-8 Rock & cross, rock & cross, hinge turn, crossing shuffle
9-16 Rock & cross, rock & cross ¼ turn, toe touches making ¼ turn to end up facing home wall.
Start the dance again.

The music is from the film 'Ali' based on the boxer. The toe touches represent the skipping movement. When you dance the step touches, he sings 'You're the greatest' wave arms in the air Dance till the music fades, keep dancing till the end when you face home wall raise right arm in the air. "You are the greatest."

I dedicate this dance to my Husband Colin, my sons Michael and Chris who chose the music.
