

The Best In Me

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Craig Bennett (UK)
音樂: Best In Me - Blue



RIGHT TOUCH, STEP, ROCK & CROSS, RIGHT SIDE SHUFFLE, LEFT SAILOR STEP

1-2 Touch right foot to right side, step right next to left
3&4 Rock left foot to left side, replace weight to right foot, cross step left over right
5&6 Step right to right side, step left next to right, step right to right side
7&8 Step left behind right, step right to side, step left in place

WEAVE; CROSS, SIDE, BEHIND-¼-STEP, CROSS, BACK, LEFT SIDE SHUFFLE

9-10 Cross step right over left, step left to side
11&12 Cross right behind left, step left to left turning ¼ left, step right foot forward
13-14 Cross step left over right, step right foot back
15&16 Step left foot to side, step right together, step left foot to side

RIGHT CROSS, BACK, SIDE, LEFT CROSS, BACK, SIDE, STEP ½ PIVOT

17-18 Cross step right over left, step back left
19-20 Step right foot to side, cross step left over right
21-22 Step right foot back, step left foot to side
23-24 Step forward right, pivot ½ turn left (weight ending on left)

FULL TURN, RIGHT SHUFFLE, FORWARD-ROCK, ¼ LEFT, SLIDE TOGETHER

25-26 Step forward right making a ½ turn right, step back on left making ½ turn right

Option: walk forward stepping; right, left

27&28 Step forward right, step left together, step forward right
29-30 Rock left foot forward, recover weight to right
31-32 Turn ¼ left and step left to side, slide right foot to touch together

SIDE-ROCK, RIGHT SAILOR, LEFT SAILOR, STEP, ¼ PIVOT

33-34 Rock right foot to side, recover weight onto left
35&36 Step right foot behind left, step left to side, step right foot in place
37&38 Step left foot behind right, step right to side, step left in place
39-40 Step right foot forward, pivot ¼ turn left

REPEAT
