

Best Intentions

拍數: 64 牆數: 2 級數:
編舞者: Tracie Lee (AUS)
音樂: Best of Intentions - Travis Tritt



- 1-2 Step/rock left across over right, rock back on right
3-4 Traveling left & making a full turn left, step left then right
5-6 Step left to left side, drag right towards left
&7-8 Step ball of right back, step left across right, turn ¼ turn left & step right back
- 1-2 Turn ½ turn left & step left forward, hold
&3-4 Step right beside left, step left forward, step right forward
5-6 Pivot ½ turn left taking weight to left, step right forward
7-8 Moving forward & turning a full turn right - step left then right
- 1-2 Step left forward, pivot ¼ turn right taking weight to right
3-4 Step left across right, point right toe to right side
5-6 Turn ¾ turn right & step right beside left, point left toe to left side
&7-8 Step ball of left back, step right across left, step left to left side
- 1&2 Step right behind left, step ball of left to left side, replace weight to right (sailor step)
3&4 Step left behind right, step ball of right to right side, replace weight to left (sailor step)
5-8 Step right across left, unwind a full turn left for 3 counts - ending with weight on left crossed over right
- 1&2 Shuffle to right side -right, left, right ending with a ¼ turn left
3-5 Turn ½ turn left & step left forward, rock forward on right, rock back on left
6-7 Turn ½ turn right & step right forward, hold
&8 Ball change left, right in place turning ¾ turn right
- 1-2 Rock forward on left, rock back on right
&3-4 Step left back, touch right toe back, pivot ½ turn right keeping weight on left
5 Drag right back to cross over left
6-8 Unwind ¾ turn left for three counts taking weight to left
- 1-4 Step right forward, hold, step left forward, hold
5-6 Step right forward, pivot ½ turn left taking weight to left
7&8 Shuffle forward right, left, right
- 1-2 Point left toe forward, hold
&3-4 Step left beside right, point right toe forward, hold
&5-6 Step right beside left, step left forward, pivot ½ turn right taking weight to right
7-8 Step left forward, pivot ½ turn right taking weight to right

REPEAT

RESTART

On the 4th wall (instrumental), you will do the first 16 counts of the dance and replace the full turn right with a ¼ pivot (step left forward, pivot ¼ turn right taking weight to right), then restart from the beginning again.