

Best Of Me

拍數: 32 牆數: 4 級數: Improver
編舞者: Martin Ritchie (UK)
音樂: The Best Of Me - Paul Rutter



CHASSE RIGHT, BACK-ROCK, CHASSE ¼, CROSS-ROCK

1&2 Step right to side, step left together, step right to side
3-4 Rock back on left, recover weight onto right
5&6 Step left to side, step right together, step left ¼ turn left
7-8 Cross rock right over left, recover weight onto left

HEEL-BALL-CROSS, SIDE, BEHIND, HEEL-BALL-CROSS, SIDE, TOGETHER

1&2 Tap right heel diagonally forward, step ball of right together, cross step left over right
3-4 Step right to side, step left behind right
5&6 Tap right heel diagonally forward, step ball of right together, cross step left over right
7-8 Step right to side, step left next to right

SIDE-ROCK & SIDE-ROCK, COASTER, STEP, ½ PIVOT

1-2& Rock right to side, recover weight onto left, step right next to left
3-4 Rock left to side, recover weight onto right
5&6 Step back on left, step right together, step forward on left
7-8 Step forward on right, pivot ½ left

STEP, ½ PIVOT, RIGHT SHUFFLE, JAZZ BOX WITH A TOUCH

1-2 Step forward on right, pivot ½ left
3&4 Step forward on right, step left together, step forward on right
5-6 Cross step left over right, step back on right
7-8 Step left to side, touch right together

REPEAT
