

The Best Of Me

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Jamie Hogan (USA)
音樂: Best of Me - Delbert McClinton



CHASE (STEP TOGETHER STEP) RIGHT, ROCK RETURN

1&2-3-4 Side together side to your right (step to right with right foot, step next to right with left foot, step to right with right foot) rock back on the left foot & return weight to the right foot

CHASE (STEP TOGETHER STEP) LEFT, ROCK RETURN

5&6-7-8 Side together side to your left (step to left with left foot, step next to left with right foot, step to left with left foot) rock back on the right foot & return weight to the left foot

TRIPLE STEP WITH ½ TURN LEFT, ROCK RETURN

1&2-3-4 Step forward with right foot, step on left foot as you make a ¼ turn left, step on right foot as you make another ¼ turn, rock back on the left foot & return weight to the right foot

OUT, OUT HOLD & ½ TURN

&5-6&7-8 Step left foot out to left side, step right foot out to right side (hold on 6) step on left foot, cross right foot over left foot and unwind ½ turn to left

VINE RIGHT, SIDE TOGETHER SIDE, ROCK RETURN -LEFT TRIPLE STEP WITH ¼ TURN

1-2-3&4 Step right foot to right, step left foot behind right foot, step right foot to right side, step next to right with left foot, step to right with right foot

5-6-7&8 Rock forward with left foot, rock back on right foot, triple step with a ¼ turn left (step to left with left foot stepping into a ¼ turn left, step next to left with right foot finishing ¼ turn, step to left with left foot)

OFF TO SEE THE WIZARD (FORWARD 45 DEGREES RIGHT, LOCK, & FORWARD 45 DEGREES LEFT

1-2 Step right forward at 45 degree angle, left locks behind right

& Step onto right foot to right side slightly forward

3-4 Step left forward at 45 degree angle, right locks behind left

& Step onto left foot to left slightly forward

ROCK FORWARD RIGHT, STEP BACK, TRIPLE STEP WITH ½ TURN RIGHT

5-6-7&8 Rock forward with right foot, return onto left foot & do a triple step (right-left-right) as you execute a ½ turn to the right

½ TURN RIGHT, ½ TURN TRIPLE STEP (LEFT-RIGHT-LEFT) ROCK BACK, STEP FORWARD & SCOOT

1-2-3&4 Step forward with left foot, make ½ turn to the right. Do a triple step as you execute another ½ turn to the right stepping forward with the left foot first

5-8 Rock back onto right foot, step forward on the left foot and scoot on the left foot bringing the right leg up, step down on the right foot

STEP LEFT, SAILOR STEP, SAILOR STEP, KICK BALL HOLD

1-2&3 Step on left foot to left side, and do a sailor step starting with right foot (step/cross right foot behind left foot, step left foot in place, step right foot to right of left foot)

4&5 Sailor step starting with left foot (step/cross left foot behind right foot, step right foot in place, step left foot to left of right foot)

6&7-8 Kick right foot, step down on ball of right foot, as you lift the left foot, step down on left foot - hold on 8

RIGHT BEHIND STEP BRUSH, ROCK FORWARD, BACK ¼ TURN RIGHT STEP BRUSH

- 1-4 Step to right with right foot, step left foot behind right, step to right with right foot, brush left foot 45 degrees to right
- 5-8 Rock forward onto left foot 45 degrees to right, step back on right foot, step left foot into ¼ left and brush with right foot

HALF TURN LEFT, HALF TURN LEFT, JUMP FORWARD, CLAP, JUMP BACK, CLAP

- 1-4 Step forward with right foot, make a ½ pivot turn to left, step forward with right foot, make a ½ pivot turn to left
- 5-8 Jump forward on both feet, clap, jump back on both feet, clap

REPEAT
