

Best Of My Love (P)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 0 級數: Partner
編舞者: Nigel Payne (UK)
音樂: The Best of My Love - Eagles



Position: Starting in Sweetheart. Opposite Footwork

MAN

ROCK-RECOVER, SHUFFLE BACK, ROCK-RECOVER, SHUFFLE FORWARD

Take left over lady's head as she turns, now in cross hand hold left over right

1-2 Rock forward on right, recover back on left

3&4 Shuffle back right, left, right

Take left hand back over lady's head as she turns, now in sweetheart

5-6 Rock back on left, recover on right

7&8 Shuffle forward left, right, left

WALK, WALK, SHUFFLE TWICE

Release left hands & raise rights to allow lady to turn, do not rejoin left hands

9-10 Walk forward right, left

11&12 Shuffle forward right, left, right

13-14 Walk forward left, right

15&16 Shuffle forward left, right, left

STEP RIGHT, LEFT, TRIPLE STEP IN PLACE, STEP LEFT, RIGHT, TRIPLE STEP IN PLACE

Rejoin & raise left hands & drop right hands

17-18 Step right, left in place

19&20 Triple step in place stepping right, left, right

21-22 Step left, right in place

23&24 Triple step in place stepping left, right, left

STEP, PIVOT ½ TURN, ¼ TURN INTO CHASSE, ROCK-RECOVER, SHUFFLE ½ TURN

Release left hands

25-26 Step forward on right foot, pivot ½ turn left

Rejoin hands in double hand hold

27&28 Turn ¼ left stepping right to right side, step left beside right, step right to right side

29-30 Rock back on left, recover on right

Release man's right, lady's left, & raise man's left, lady's right to allow turn

31&32 Shuffle ½ turn right stepping left, right, left

Man on OLOD facing ILOD, lady on ILOD facing OLOD

ROCK-RECOVER MAKING ¼ TURN, SHUFFLE, WALK, WALK, SHUFFLE

Inside hands joined, man's left, lady's right

33-34 Rock back on right making ¼ turn right, recover on left

Both now facing LOD, man on OLOD, lady on ILOD

35&36 Shuffle forward stepping right, left, right

37-38 Walk forward left, right

39&40 Shuffle forward on left, right, left

CROSS-SIDE, TRIPLE STEP, WALK, WALK, SHUFFLE

Take lady's right hand over her head as you both weave

41-42 Cross right over left, step left to left side

Rejoin man's right, lady's left in cross hand hold, man's left, lady's right on top

43&44 Triple step in place right, left, right

Man now on ILOD facing LOD, lady on OLOD facing LOD

45-46 Walk forward left, right

47&48 Shuffle forward stepping left, right, left

ROCK-RECOVER, ¼ CHASSE, CROSS, ¼ TURN, COASTER STEP

49-50 Rock forward on right, recover on left

Hands in double hand hold as you chasse

51&52 Step right ¼ turn right, step left beside right

Step right to right side, man facing OLOD, lady facing ILOD

53-54 Cross left over right, make ¼ turn left stepping back on right

To allow lady to make full turn right release man's left, lady's right, as the lady comes out of full turn place her left hand into man's left hand & rejoin in sweetheart position

55&56 Step back on left, step right beside left, step forward on left

WALK, WALK, SHUFFLE TWICE

57-58 Walk forward right, left

59-60 Shuffle forward stepping right, left, right

61-62 Walk forward left, right

63&64 Shuffle forward stepping left, right, left

REPEAT

LADY

STEP, PIVOT ½ TURN, SHUFFLE TWICE

Take left over lady's head as she turns, now in cross hand hold left over right

1-2 Step forward on left, pivot ½ turn right

3&4 Shuffle forward left, right left

Take left hand back over lady's head as she turns, now in sweetheart

5-6 Step forward on right, pivot ½ turn left

7&8 Shuffle forward right, left right

FULL TURN SHUFFLE TWICE

Release left hands & raise rights to allow lady to turn, do not rejoin left hands

9-10 Make full turn right stepping left, right

11&12 Shuffle forward left, right, left

13-14 Make full turn left stepping right, left

15&16 Shuffle forward right, left, right

AROUND THE WORLD TRAVELING TO THE LEFT AROUND THE MAN

Rejoin & raise left hands & drop right hands

17-18 Walk ¼ turn to the left stepping left, right

19&20 Shuffle ¼ turn to the left stepping left, right, left, (now on ILOD facing RLOD)

21-22 Walk ¼ turn to the left stepping right, left

23&24 Shuffle ¼ turn to the left stepping right, left, right, (now on OLOD facing LOD)

STEP, PIVOT ½ TURN, ¼ TURN INTO CHASSE, ROCK-RECOVER, SHUFFLE ½ TURN

Release left hands

25-26 Step forward on left foot, pivot ½ turn right

Rejoin hands in double hand hold

27&28 Turn ¼ right stepping left to left side, step right beside left, step left to left side

29-30 Rock back on right, recover on left

Release man's right, lady's left, & raise man's left, lady's right to allow turn

31&32 Shuffle ½ turn left stepping right, left, right

Man on OLOD facing ILOD, lady on ILOD facing OLOD

ROCK-RECOVER MAKING ¼ TURN, SHUFFLE, WALK, WALK, SHUFFLE

Inside hands joined, man's left, lady's right

33-34 Rock back left making ¼ turn left, recover on right

Both now facing LOD, man on OLOD, lady on ILOD

35&36 Shuffle forward on left, right, left

37-38 Walk forward right, left

39&40 Shuffle forward stepping right, left, right

CROSS-SIDE, TRIPLE STEP, WALK, WALK, SHUFFLE

Take lady's right hand over her head as you both weave

41-42 Cross left over right, step right to right side

Rejoin man's right, lady's left in cross hand hold, man's left, lady's right on top

43&44 Triple step in place left, right, left

Man now on ILOD facing LOD, lady on OLOD facing LOD

45-46 Walk forward right, left

47&48 Shuffle forward stepping right, left, right

ROCK-RECOVER, ¼ CHASSE, CROSS, ¼ TURN, FULL TURN

49-50 Rock forward on left, recover on right

Hands in double hand hold as you chasse

51&52 Step left ¼ turn left, step right beside left, step left to left side

Man facing OLOD, lady facing ILOD

53-54 Cross right over left, make ¼ turn right stepping back on left

To allow lady to make full turn right release man's left, lady's right, as the lady comes out of full turn place her left hand into man's left hand & rejoin in sweetheart position

55&56 Triple step full turn right stepping right, left, right

WALK, WALK, SHUFFLE TWICE

57-58 Walk forward left, right

59-60 Shuffle forward stepping left, right, left

61-62 Walk forward right, left

63&64 Shuffle forward stepping right, left, right

REPEAT
