

Best Years

拍數: 32 牆數: 4 級數: Improver
編舞者: Tim Gauci (AUS)
音樂: Best Years of Our Lives - Baha Men



SAMBA CROSS RIGHT, SAMBA CROSS LEFT, ¼ TURN COASTER STEP, ½ TURN PIVOT

- 1&2-3&4 Step right across left, step left to left, step weight on right, step left across right, step right to right, step weight on left
- 5&6-7-8 Turning ¼ to right step right foot back, step left foot back, step right forward, step left forward, pivot ½ to right (weight on right)

SYNCOPATED WEAVE LEFT, SAILOR STEP RIGHT, LEFT BEHIND RIGHT, TURN ¼

- 9-10&11-12 Step left to left, step right behind left, step left to left (quick step), step right across left, step left to left
- 13&14-15-16 (Sailor step right) step right behind left, step left to left, step weight on right, step left behind right, step right forward turning ¼ right

½ TURN PIVOT RIGHT, RUN FORWARD LEFT-RIGHT-LEFT, ½ TURN PIVOT LEFT, RUN FORWARD LEFT-RIGHT-LEFT

- 17-18-19&20 Step left forward, pivot turn ½ right, run forward left, right, left,
- 21-22-23&24 Step right forward, pivot turn ½ left run forward right, left, right

LEFT ROCK, ¾ TURN CHA-CHA LEFT, FORWARD MAMBO RIGHT, LEFT COASTER STEP

- 25-26-27&28 Step left forward, rock weight back on left, stepping left, right, left make a ¾ turn to left (on spot)
- 29&30-31&32 Step forward on right, step weight on left, step right back (weight on right), step left back, step right back, step left forward

REPEAT
