

The Best You Can

COPPER **KNOB**
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Karen Fishback (USA)
音樂: The Best You Can - Indigo Swing



SHUFFLE FORWARD, RIGHT, LEFT, ROCKING CHAIR ON RIGHT

1&2-3&4 Step together step, right, left, right, step together step, left, right, left
5-8 Rock forward on right, back on left, rock back on right, forward on left

SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, SHUFFLE ½ TURN

1-2-3&4 Rock to right on right, center on left, cross right over left, left to side, cross right over left
5-6-7&8 Rock to left on left, center on right, make ½ turn in 3 steps

CHARLESTON

1-4 Rock back on right, step on left, kick right, step on right beside left
5-8 Kick left, hold, step left back toe, heel

ROCK BACK, STEP, ½ PIVOT, WALK 2, KICK BALL CHANGE

1-4 Rock back on right, center on left, step forward on right, pivot ½ and step on left
5-8 Walk right, left, kick right, step right, left

SYNCOATED VINE TO RIGHT (TAKE WEIGHT ON 8)

1-2&3-4 Step right with right, behind with left, side with right, in front with left, side with right
5&6-7-8 Step behind with left, side with right, front with left, right with right, left with left

K STEP (TAKE WEIGHT ON 8)

1-4 Step forward at an angle with right, touch left beside right, step center with left, touch right beside
5-8 Step back at an angle with right, touch beside with left, center with left, step beside with right

ROLLING VINE (TOUCH ON 8)

1-4 Step left with left, step behind with right, step left turning ¼ with left, spin ¼ more keeping weight on left
5-8 Step right with right, step behind with left, step right with right, touch left beside right

3 TOE HEEL STRUTS FORWARD, TAP TOE AND KICK WITH RIGHT

1-6 Left toe, heel, right toe, heel, left toe heel
7-8 Tap right toe, kick with right

REPEAT

TAG

After the 2nd time (on repeat of title) do 4 toe struts backward

FOR A GRAND FINALE

After the 5th time, do 4 toe struts backward, shuffle right, rock behind, shuffle left, rock behind, do 4 - ¼ turning shuffles, walk forward 4, hold, spin ½ turn and lift arms to pose