

The Best

拍數: 48 牆數: 4 級數: Improver
編舞者: Shirlea Alexandra (UK) & Keith Rye (UK)
音樂: The Best - Tina Turner



ROCK CROSS STEPS X 4

1&2 Step right to right side, rock weight onto left, cross step right over in front of left
3&4 Step left to left side, rock weight onto right, cross step left over in front of right
5&6 Step right to right side, rock weight onto left, cross step right over in front of left
7&8 Step left to left side, rock weight onto right, cross step left over in front of right

¼ TURN, CROSSING TRIPLE TWICE

9-10 Step forward on right, pivot ¼ turn left
11&12 Cross step right over left, step left foot to left, cross right over left
13-14 Step forward on left, pivot ¼ turn right
15&16 Cross step left over right, step right foot to right, cross left over right

SIDE TOUCH STEPS X 4

17-18 Touch right foot out to right side, with finger clicks, step right over left
19-20 Touch left foot out to left side, with finger clicks, step left over right
21-22 Touch right foot out to right side, with finger clicks, step right over left
23-24 Touch left foot out to left side, with finger clicks, step left over right

ROCK, FULL TURN, ROCK, COASTER STEP

25-26 Rock back on right, recover on left
27-28 Full left turn in two (stepping right left)
29-30 Rock forward on right recover on left
31&32 Step back on right, step left beside right, step forward on right

ROCK, ¾ TURN, ROCK, ¼ TURN

33-34 Cross rock forward on left, recover on right
35&36 Triple ¾ turn left, stepping left, right, left
37-38 Rock forward on right, recover on left
39&40 Triple ¼ turn right, stepping right, left, right

LOCK STEP, ¼ PIVOT, CROSSING TRIPLE, ROCK CROSS STEP

41&42 Step forward on left, lock step right behind left, step forward on left
43-44 Step right foot forward, ¼ pivot left
45&46 Cross right over left, step left foot to left, cross right over left
47&48 Step left to left side, rock weight onto right, cross step left over in front of right

REPEAT

TAG

At start of 5th wall, dance steps 1-16 once then start again from the beginning.