

# 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.