

The Best

拍數: 112 牆數: 1 級數: Intermediate/Advanced
編舞者: Glennys Croston (UK)
音樂: Simply The Best - Tina Turner



TOE STRUTS FORWARD HALF MONTEREY RIGHT TURN

1-2 Right toe forward, right heel down
3-4 Left toe forward, left heel down
5-6 Right toe to right side bring right foot back to left half turn right,
7-8 Left toe out to left side, bring back to right foot, weight on left (with toe struts click fingers and slight wiggle of hips)

CHASSE RIGHT, ROCK BACK RECOVER, CHASSE LEFT, ROCK BACK RECOVER

9&10 Chasse to the right
11-12 Rock back on left and recover
13&14 Chasse to the left
15-16 Rock back on right and recover

STEP HALF TURN LEFT TWICE, RIGHT KICK BALL CHANGE TWICE

17-18 Step forward on right pivot half turn left
19-20 Step forward on right pivot half turn left
21&22 Right kick ball change
23&24 Right kick ball change

STEP RIGHT TO SIDE, LEFT BEHIND TWICE, STEP RIGHT TO SIDE TOUCH LEFT TO RIGHT INSTEP, STEP LEFT TO SIDE TOUCH WITH RIGHT TO LEFT INSTEP

25-32 Step right to side, left behind, right to side, left behind, right to side touch left toe to right instep, step to left side, touch with right toe to left instep

On this section as left goes behind bend the knees slightly

ROCK FORWARD RECOVER, ROCK BACK RECOVER, RIGHT SHUFFLE FORWARD ROCK FORWARD RECOVER

33-34 Rock forward on right foot recover on left, rock back on right foot
35-36 Recover on left
37&38 Right shuffle forward
39-40 Rock forward on left foot recover on right

LEFT SHUFFLE BACK, TOE STRUTS BACK, ROCK RECOVER

41&42 Left shuffle back
43-44 Right toe strut back
45&46 Left toe strut back
47&48 Rock back on right recover on left

49-96 Repeat steps 1-48

STEP KICK, STEP KICK, STEP KICK & STEP KICK

97-98 Step forward on right, kick left across right
99-100 Step forward on left, kick right across left
101-102 Step forward on right, kick left across right
103-104 Step forward on left, kick right across left

On these steps move forward, arms in air with finger clicks

RIGHT SHUFFLE BACK LEFT SHUFFLE BACK, ROCK BACK RECOVER, WALK RIGHT, WALK LEFT

105&106 Right shuffle back
107&108 Left shuffle back
109-110 Rock back on right recover on left
111-112 Walk right, walk left

REPEAT

TAG

On the fourth wall do steps 1-62. Leave out 63 & 64 which is rock recover. Stomp right foot forward spraying arms out to side

There are two versions of the music "Simply the Best". The 4 minutes 2 seconds version goes to the above dance. There is also a 5 minute version on the single Tina Turner Live. For this do four complete walls and on the fifth wall do steps 1-56, then right toe out to side, throw arms in the air.
