

# 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.

---