

The Best

拍數: 0 牆數: 2 級數: Improver
編舞者: Carmela Saliba
音樂: The Best - Tina Turner



Sequence: AAA BB A A(1-16) BB AA BB Ending

PART A

Part A is nearly identical to the 32-count dance "It Ain't What You Do" by Karen Looker
Began the dance 32 count for x3 once

WALK RIGHT, LEFT, RIGHT SHUFFLE LEFT FORWARD MAMBO/ RIGHT BACK MAMBO

1-2 Walk forward right, walk forward left
3&4 Step right forward, step left next to right, step right forward
5&6 Rock left forward, recover weight on right, step left next to right
7&8 Rock right back, recover weight on left, step right next to left

WALK LEFT, RIGHT, LEFT SHUFFLE, CROSS, BACK, RIGHT SHUFFLE TURN

1-2 Walk forward left, walk forward right
3&4 Step left forward, step right next to left, step left forward
5-6-7&8 Rock forward on right, rock back on left, right side shuffle

SIDE CHASSE, ROCK BACK AND RIGHT SIDE, BEHIND, SIDE, CROSS SHUFFLE

1&2 Step left to left side, step right next to left, step left to left side
3&4 Rock right behind left, recover weight on left, step right to right side
5-6 Cross step left behind right, step right to right side
7&8 Cross left over right, step right to right side, cross left over right

SIDE ROCK, RECOVER, RIGHT COASTER STEP, STEP ½ PIVOT, LEFT SHUFFLE

1-2 Rock right to right side, recover weight on left
3&4 Step right back, step left beside right, step right forward
5-6 Step left forward, pivot ½ turn to right
7&8 Step left forward, step right next to left, step left forward

PART B

ROLLING SHUFFLES, ROCK FORWARD, BACK SHUFFLE TURN ½ TURN BACK ROCK HITCH

1-2-3&4 Rock forward on right, rock back in place on left, turn ½ turn right, left, right
5&6 Step forward ½ turn on the ball on left foot, step back on right next to left
7-8 Step back left, rock back on right, hitch slightly forward left foot

SIDE ROCKS, IN FRONT STEPS SIDE ROCKS TWICE

1 Rock to right side on right foot
& Step slightly forward on left
2 Step right foot in front of left
3 Rock left to left side on left foot
& Step slightly forward on right foot
4 Step left foot in front of right

RIGHT SIDE VINE SHUFFLE, LEFT SIDE VINE, SHUFFLE

1&2 Step right to right side, step left behind right, step right to right
3&4 Right side shuffle
5&6 Step left to left side, step right behind left, step left to left
7&8 Left side shuffle

RIGHT KICK BALL CHANGE & RIGHT SHUFFLE DIAGONALLY- LEFT KICK BALL CHANGE LEFT SHUFFLE DIAGONALLY

- 1 Kick right foot forward
- & Step on ball on right foot beside left
- 2 Step on left foot beside right
- 3&4 Right shuffle right, left .right diagonally right
- 5 Kick left foot forward
- & Step on the ball on left foot beside right
- 6 Step right foot beside left
- 7&8 Left shuffle forward diagonally left

ENDING

- 1-4 Cross right over left, unwind full turn left with arms high
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