

Bestlove

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Dougie D (UK)
音樂: Best of My Love - The Emotions



ROCK FORWARD, ROCK BACK, SHUFFLE BACK, WALKS BACK TWICE, COASTER STEP

&1-2 Step right in place, rock forward on left, recover on right
3&4 Shuffle back, left, right, left
5-6 Walk back on right, walk back on left
7&8 Step back on right, step left beside right, step forward on right

ROCK FORWARD, ROCK BACK, SHUFFLE BACK, WALKS BACK TWICE, SAILOR STEP WITH ¼ TURN LEFT

&1-2 Step left in place, rock forward on right, recover on left
3&4 Shuffle back, right, left, right
5-6 Walk back on left, walk back on right
7&8 Cross left behind right, step right beside left with ¼ turn left, step left in place

STEP FORWARD ON RIGHT AND HOLD, STEP LEFT BEHIND RIGHT TWICE, ROCK FORWARD, ROCK BACK, SHUFFLE ½ TURN RIGHT

1-2& Step forward on right, hold for one count step left behind right
3-4& Repeat steps 1-2&
5-6 Rock forward on right, recover on left
7&8 Shuffle ½ turn right; right, left, right

STEP FORWARD ON LEFT AND HOLD, STEP RIGHT BEHIND LEFT TWICE, ROCK FORWARD, ROCK BACK, SHUFFLE ½ TURN LEFT

1-2& Step forward on left, hold for one count, step right behind left
3-4& Repeat steps 1-2&
5-6 Rock forward on left, recover on right
7&8 Shuffle ½ turn left; left, right, left

Tag goes here on repetitions 3 and 5

WALK FORWARD TWICE, SAILOR STEP, WALK FORWARD TWICE, SAILOR HEEL

1-2 Walk forward on right, walk forward on left
3&4 Cross right behind left, step left beside right, step right in place
5-6 Walk forward on left, walk forward on right
7&8& Cross left behind right, step right beside left, step left heel forward, step left in place

CROSS RIGHT OVER LEFT, HOLD, STEP LEFT BEHIND RIGHT TWICE, ROCK LEFT, ROCK RIGHT, CROSS SHUFFLE TO RIGHT

1-2& Cross right over left, hold for one count, step left behind right
3-4 Cross right over left, hold for one count
5-6 Rock left out to left side, recover on right
7&8 Cross shuffle to right side, left, right, left

STEP RIGHT, WITH ¼ TURN LEFT, HEEL DIGS TWICE, ROCK FORWARD, ROCK BACK, BACK SHUFFLE

1-2 Step right to right side with ¼ turn left step left beside right
3&4& Dig right heel forward, step right beside left, dig left heel forward, step left beside right
5-6 Rock forward on right, recover on left
7&8 Shuffle back right, left, right

ROCK BACK, ROCK FORWARD, FORWARD SHUFFLE, JAZZ BOX WITH ¼ TURN RIGHT

- 1-2 Rock back on left, recover on right
- 3&4 Shuffle forward, left, right, left
- 5-6 Cross right over left, step back on left
- 7-8 Step right beside left with ¼ turn right, step left beside right

REPEAT

TAG

After section 4 of third wall (facing 3:00)

JAZZ BOX TWICE

- 1-4 Cross right over left, step back on left, step right beside left, step left in place
- 5-8 Cross right over left, step back on left, step right beside left, step left in place

TAG

After section 4 of fifth wall (facing 9:00)

JAZZ BOX THREE TIMES

- 1-4 Cross right over left, step back on left, step right beside left, step left in place
 - 5-8 Cross right over left, step back on left, step right beside left, step left in place
 - 9-12 Cross right over left, step back on left, step right beside left, step left in place
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