

Sunday Best

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dom Yates (UK) & Nicki Hopkins - July 2010
音樂: Sunday Best - Mim Grey



Intro: 24 Counts from Start of Music

Right Rock, Recover, Coaster Step, Left Rock, Recover, Coaster Step

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

Pivot ¼. Weave, Cross Rock

1,2 Step forward on right, pivot ¼ turn to left
3,4 Cross right over left, step left to side
5,6 Cross right behind left, step left to side
7,8 Cross rock right over left, recover onto left

¼, ¼, Back Rock, Vaudeville

1,2 Make ¼ right stepping forward on right, make ¼ right stepping left to side
3,4 Rock back on right, recover onto left
5,6 Step right to side, cross left behind right
&78 Step right to side, dig left heel forward, hold

Heel Switches, Pivot ½, Rocking Chair

&1&2 Step left next to right, dig right heel forward, step right next to left, dig left heel forward
&3,4 Step left next to right, step forward on right, pivot ½ turn to left
5,6 Rock forward on right, recover onto left
7,8 Rock back on right, recover onto left

Hips Bumps, Kick Ball Cross, x2

1&2 Step right to side bumping hips right, left, right
3&4 Kick left to diagonal, step down onto left, cross right over left
5&6 Step left to side bumping hips left, right, left
7&8 Kick right to diagonal, step down on right, cross left over right

Side Rock, Back Rock, Pivot ½, Right Shuffle

1,2 Rock right to side, recover onto left
3,4 Rock back on right, recover onto left
5,6 Step forward on right, pivot ½ turn to left
7&8 Step forward on right, slide left up to right, step forward on right

Left Kick Ball Change, Pivot ½, Left Shuffle, Pivot ¼

1&2 Kick left foot forward, step onto left, step forward on right
3,4 Step forward on left, pivot ½ turn to right
5&6 Step forward on left, slide right up to left, step forward on left
7,8 Step forward on right, pivot ¼ turn left

Walk Forward (Or Full Turn), Kick Ball Change, Walk Forward, Kick Ball Change

1,2 Walk forward right, left

Option: Full Turn Left Stepping Right, Left

3&4 Kick right forward, step down on right, step forward on left

5,6

Walk forward right, left

7&8

Kick right forward, step down on right, step forward on left

Start Again
