

Best Thing

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver / Easy Intermediate
編舞者: Frank Trace (USA) - January 2011
音樂: The Best Thing About Me Is You - Ricky Martin & Joss Stone



Start dance after 32 counts from the start of the music.

RUMBA BOXES WITH HOLDS

1-4 Step R to right side, step L next to R, step R forward, hold
5-8 Step L to left side, step R next to L, step L back, hold

COASTER STEP, HOLD, STEP LOCK FORWARD, HOLD

1-4 Slow Coaster: Step R back, step L next to R, step R forward, hold
5-8 Step L forward, lock R behind L, step L forward, hold

CHASE ½ TURN LEFT, HOLD, FULL TURN RIGHT, HOLD

1-4 Step R forward, pivot 1/2 turn left, step R forward, hold (6:00)
5-8 Make a full turn right stepping L, R, L, hold

RIGHT SIDE MAMBO, HOLD, LEFT SIDE MAMBO. HOLD

1-4 Rock R side right, recover onto L, step R next to L, hold
5-8 Rock L side left, recover onto R, step L next to R, hold

ROCK FORWARD, RECOVER, ROCK SIDE, RECOVER, SAILOR 1/4 RIGHT, HOLD

1-4 Rock R forward, recover onto L, rock R to right side, recover onto L
5-8 Slow Sailor: sweep R behind L making 1/4 turn right and step on R, step L to left side, step R next to L, hold

ROCK FORWARD, RECOVER, ROCK SIDE, RECOVER, LEFT COASTER STEP, HOLD

1-4 Rock L forward, recover onto R, rock L to left side, recover onto R
5-8 Slow Coaster: step L back, step R next to L, step L forward, hold (9:00)

*** RESTART HAPPENS HERE ON SECOND WALL.**

RIGHT SIDE STEPS, ½ TURN, RIGHT SIDE STEPS, ½ TURN RIGHT

1-4 Step R to R side, step L next to R, Step R to R side, turn ½ right (weight on right) (3:00)
5-8 Step L to L side, step R next to L, step L to L side, turn ½ right (weight on left) (9:00)

Note: You are making a full turn right.

RIGHT SIDE STEPS, FORWARD MAMBO, HOLD

1-4 Step R to R side, step L next to R, step R to R side, hold
5-8 Rock L forward, recover back on R, step L next to R, hold

RESTART: During wall two (9:00) dance the first 48 counts and restart the dance. You will be facing the 6:00 wall when you do the restart.

OPTIONAL ENDING: As the music comes to an end, replace the coaster step, in section 6, with a ¼ left turn sailor. You'll be facing the front wall to end the dance.