

Best Song

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Séverine Fillion (FR) - November 2011
音樂: Best Song Ever - Katie Armiger : (Album: Confession Of A Nice Girl)



Intro : 8 + 16 counts

[1-8] V STEP, ROCK FWD, TRIPLE FULL TURN RIGHT

1-2 Right step diagonally right fwd, left step diagonally left fwd
Option style : 1 - Push aside the right hand to the right, 2 – Push aside the left hand to the left
3-4 Recover on right to the center, recover on left to the center
Option style : 3 – Put right hand on right hip, 4 – put left hand on left hip
5-6 Rock step right fwd, recover on left
7&8 Triple step right – left – right full turning right in place
Option for 7&8 : Coaster step right

[9-16] SIDE, BEHIND, SUFFLE 1/4 TURN LEFT, STEP 1/2 TURN, 1/4 TURN & SIDE SHUFFLE

1-2 Left step to the left, right cross behind left
3&4 ¼ turn left and shuffle left – right – left fwd 9 :00
5-6 Right step fwd , ½ turn left (ending weight on left) 3 :00
7&8 ¼ turn left and Shuffle right – left – right to right side 12 :00

[17-24] BACK ROCK, SIDE POINT, HOLD, & SIDE POINT, KNEE IN – OUT - IN

1-2 Rock step left back, recover on right
3-4 Point left toe to the left, Hold
&5 Recover on left (&), point right toe to the right
6-7 Push right knee inside, push right knee outside
8 Push right knee inside

[25-32] CHANGE WEIGHT WITH BUMPS & 1/4 TURN, STEP LECK STEP, TOUCH, KNEE POP FWD

1&2 Change weight on right foot with 3 hip Bumps (right – left – right) with ¼ turn left 9 :00
3-5 Left step fwd, « Lock » right cross behind left, left step fwd
6 Touch right next to left
&7 Knee pop : Right step fwd (Unstick left heel of the ground and pop left knee fwd)
&8 Left step fwd (unstick right heel of the ground and pop right knee fwd)

Final : After triple full turn of first section on wall 11, at 6 :00, left step fwd and turn ½ right !

Note : At the end of wall 8 at 12 :00, the music stop 2 counts, wait and start again with the music !

Start again and enjoy !