The Best in Me



Compte: 32 Mur: 2 Niveau: Advanced

Chorégraphe: Mitha Primasari (INA)

Musique: The Best in Me - Tom Leeb



Intro: on vocal 30 counts (Dance start on lyric 'You')

S1. BASIC NIGHTCLUB - TURN w/ SWEEP - CROSS - SIDE - BEHIND w/ SWEEP - TURN - 3/4 TURN w/ SWEEP - BEHIND - TURN FORWARD

1 - 2&3Step R to right side, Step L slightly behind R, Cross R over L, 1/4 turn left step forward on L

sweep R to front (9.00)

4&5 Cross R over L, Step L to left side, Cross R behind L sweep L to back

6&7 Cross L behind R, ¼ turn right step forward on R (12.00), ¾ turn right step L beside R sweep

R to back (9.00)

88 Cross R behind L, ¼ turn left step forward on L (6.00)

S2. SIDE - CROSS BEHIND - SIDE - SYNCOPATED TURN - IN PLACE - BACKWARD - FORWARD TURN - FORWARD (L-R)

1 - 2&3Step R to right side, Cross L behind R, Step R to right side, 1/8 turn right step forward on L

(7.30)

&4&5 ½ turn right step in place on R (1.30), Step forward on L, ½ turn right step in place on R

(7.30), Step forward on L

6&7 Step R in place, Step back on L, Step forward on R turn ½ collect L beside R (1.30)

88 Step forward on L, Step forward on R

S3. ARABESQUE - ROCK FORWARD - SIDE - CROSS BEHIND - LONG STEP - SYNCOPATED CROSS SIDE - TOUCH

1 - 2&3Step forward on L whilst lift R back, Step forward on R, Recover on L, 1/8 turn right step R to

right side (3.00)

&4&5 Recover on L, Cross R behind L, Recover on L, Long step on R to right side

Cross L behind R, Step R to right side, Cross L over R, Step R to right side, Cross L behind 6&7&8&

R, Touch R beside L

S4. ATTITUDE - CROSS TURN - LONG STEP - TURN - BACK - SIDE - CHAINE TURN (2x) - FORWARD - CLOSE

1 - 2Step ball R to right side whilst lift L to left side, Cross L over R turn ½ right (9.00)

3 - 4&5Long step on R to right side, 1/8 turn left step back on L (7.30), Step back on R, Step L to left

side (Squaring to 6.00)

6 - 7Step forward on R full turn right whilst step L beside R, Step forward on R full turn right whilst

step L beside R

88 Step forward on R, Step close on L beside R

RESTART ON:

Wall 2 (after 30& Counts) – Change step on count (&): Step close on L beside R (Start again facing 12.00

Wall 4 (after 20& counts) – Change direction: 1/4 turn Left to start again you'll be facing 6.00 o'clock

Enjoy Dancing

Contact: pietllow@yahoo.com