&1-2



拍数: 64 墙数: 4 级数: Intermediate 编舞者: Karl-Harry Winson (UK) - January 2015 音乐: Best I Ever Had - Gavin DeGraw: (Album: Best I Ever Had) Intro: 16 Counts/7 Seconds (Start on Vocals)......BPM: 136



TOTAL DISTRICT	0.11.01.01	^	414 T 1 . C	OI: (0: 4/0 T
KICK RIGHT X2.	Sallor Steb.	Cross.	1/4 Turn Leπ	. Shuffle 1/2 Turn.

1 – 2	Kick Right foot forward. Kick Right foot to Right side.

3&4 Cross Right behind Left. Step Left to Left side. Step out on Right.

Cross Left over Right. Make 1/4 Left stepping Right back. 5 - 67&8 Shuffle 1/2 Turn Left stepping: Left, Right, Left. [3 O'clock]

Step. Pivot 1/4 Turn. Cross. Side. Cross. Toe Switches. Right Hitch.

Step Right forward. Pivot 1/4 Turn Left. 12 o'clock 1 - 2

3 - 5Cross step Right over Left. Step Left to Left side. Cross step Right over Left.

6&7 Point Left toe out to Left side. Step Left beside Right. Point Right toe out to Right side.

Hitch Right knee up. [12 o'clock]

*Restart Here on Walls 3(6.00) &7 (9.00). On Restart, Replace Count 8 (Hitch) with a Right Toe Touch beside Left.

Back Rock. Shuffle 1/2 Turn Left. Left Back Rock. Walk Forward: Left, Right.

1 – 2	Rock back on Right. Recover weight forward on Left.
3&4	Shuffle 1/2 Turn Left stepping: Right, Left, Right. 6 o'clock
5 – 6	Rock back on Left. Recover weight forward on Right.
7 – 8	Walk forward on Left. Walk forward on Right.

Ball Rock. Cross. Side Step. Left Back Rock. 1/2 Turn Right. Cross Step.

3 – 4	Step Right to Right side. Rock back on Left.
5 – 6	Recover weight forward on Right. Make 1/4 turn Right stepping Left back. [9 o'clock]
7 – 8	Make 1/4 turn Right stepping Right to Right side. Cross step Left over Right. [12 o'clock]

Rock Left out to Left side. Recover weight on Right. Cross step Left over Right.

Right Chasse. Back Rock. Left Kick Ball Cross X2.

1&2	Step Right to Right side. Close Left beside Right. Step Right to Right side.
3 – 4	Rock back on Left. Recover weight forward on Right.
5&6	Kick Left to Left diagonal. Step Left beside Right. Cross step Right over Left.
7&8	Kick Left to Left diagonal. Step Left beside Right. Cross step Right over Left.

Left Chasse. Back Rock. Side Touches X2.

1&2	Step Left to Left side. Close Right beside Left. Step Left to Left side.
3 – 4	Rock back on Right. Recover weight forward on Left.
5 – 8	Step Right to Right side. Touch Left beside Right. Step Left to Left side. Touch Right beside Left.

Back Rock. Step. Pivot 1/2 Turn Left. Scuff-Hitch-Step. Step. Pivot 1/2 Turn Right.

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1 – 2	Rock back on Right. Recover weight forward on Left.
3 – 4	Step Right forward. Pivot 1/2 turn Left. [6 o'clock]
5&6	Scuff Right foot forward. Hitch Right knee up. Step forward on Right foot with weight.
7 – 8	Step forward on Left. Pivot 1/2 turn Right. [12 o'clock]

Scuff-Hitch-Step. Step. Pivot 1/4 Turn. Right Jazz Box.

Scuff Left forward. Hitch Left knee up. Step forward on Left foot with weight. 1&2

- 3 4 Step Right forward. Pivot 1/4 turn Left. [9 o'clock]
- 5 8 Cross Right over Left. Step back on Left. Step Right to Right side. Step forward on Left. [9 o'clock]

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