

Best Mistakes

拍数: 32 墙数: 4 级数: Intermediate NC2S
编舞者: Jonno Liberman (USA) & Jason Takahashi (USA) - August 2017
音乐: Life of the Party - Shawn Mendes



Dance begins after 8 counts. - 1 Tag - No Restarts

[1-8] Cross w/Hitch Over, Cross, 1/4 Step, Rock, Recover 1/2 Step x2, Sweep, Half Diamond (9:00)

- 1, 2& Cross R over L as you hitch L over R, Cross L over R, Turn 1/4 left as you step R back (9:00)
- 3, 4& Rock back onto L, Step R forward, Turn 1/2 right as you step L back (3:00)
- 5, 6& Turn 1/2 right as you step R forward and sweep L from back to front (9:00), Cross L over R, Turn 1/8 left as you step R back (7:30)
- 7&8& Step L back, Cross R behind L, Turn 1/4 left as you step L forward (5:30), Turn 3/8 left as you step R back (12:00)

[9-16] Step Out, Sway x2, Full Turn, Cross, Side Rock, Recover, Cross, 1/4 Step, 1/2 Step x3 (12:00)

- 1, 2& Turn 1/4 left as you step L to left taking weight evenly on both feet (9:00), Sway left, Sway right as you shift weight to R and prep L for count 3
- 3-4& Turn 1/4 left as you step L forward and complete a full spin with free leg extended (6:00), Turn 1/4 right as you cross R over L on & count of 4 (9:00)
- 5&6& Step L to left, Recover weight onto R, Cross L over R, Turn 1/4 left as you step R back (6:00)
- 7, 8& Turn 1/2 left as you step L forward (12:00), Turn 1/2 left as you step R back (6:00), Turn 1/2 left as you step L forward (12:00)

[17-24] Back Sweep, Behind, 1/4 Step, Spiral, Run x2, 3/8 Pivot w/ Extension, Run x2, Walk x2 (4:30)

- 1, 2& Turn 1/2 left as you step R back and sweep L from front to back (6:00), Cross L behind R, Turn 1/4 right as you step R forward (9:00)
- 3, 4& Step L forward as you spiral turn, Step R forward, Step L forward
- 5, 6& Step R forward pivot 3/8 as you bring L close to R leaving weight on R then extend L toward the 4:30 diagonal (4:30), Step L forward, Step R forward
- 7, 8 Step L forward with slight drag, Step R forward with slight drag

[25-32] Rock, Recover, Run Back x2, 1/4 Prep w/Sway, Step, 1/2 Turn, 1/4 to Night Club Basic, Side, Behind, 1/4 Step (3:00)

- 1&2& Rock L forward, Recover onto R, Step L back, Step R back
- 3, 4& Turn 1/4 left as you step L to left and sway body into prep position (1:30), Turn 1/4 right as you step R forward (4:30), Turn 1/2 right as you step L back (10:30)
- 5, 6& Turn 1/4 right as you step R to right (1:30), Rock L behind R, Recover onto R
- 7, 8& Step L to left, Cross R behind L, Turn 1/4 left as you step L forward (10:30), Turn 3/8 right before beginning the dance again (3:00)

TAG: At the end of the 4th repetition, the tag begins facing 7:30.

- 1, 2& Step R to right, Rock L behind R, Recover onto R
- 3, 4& Step L to left, Cross R behind L, Turn 1/4 left as you step L forward (4:30), Turn 3/8 right before beginning the dance again (9:00)

Dance Your Yaaas Off
DanceJonnoDance@gmail.com

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