

# Best Friend (aka My Worst Best Friend)

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Gloria Stone (USA) - February 2018  
音乐: My Worst Best Friend - Steve Helms Band : (Album: Can I Buy You A Country Song)



Start after 16 counts

## ROCK, RECOVER, STEP BACK, HOOK, STEP FORWARD, LOCK, STEP FORWARD, BRUSH

1 – 4      Rock Right forward, Recover Left, Step Right back, Hook Left over Right  
5 – 8      Step Left forward, Lock Right behind Left, Step Left forward, Brush Right forward

## STEP, HOLD, ¼ TURN LEFT, HOLD, WEAVE LEFT

1 – 4      Step Right forward, Hold, Pivot ¼ left, Hold  
5 – 8      Cross Right over Left, Step Left to left, Step Right behind Left, Step Left to left

## CROSS ROCK, RECOVER, STEP, HOLD, WEAVE RIGHT

1 – 4      Cross rock Right over Left, Recover Left, Step Right, Hold  
5 – 8      Cross Left over Right, Step Right to right, Step Left behind Right, Step Right to right

## TOE/HEEL CROSS, TOE/HEEL BACK, COASTER, BRUSH

1 – 8      Touch Left toe over Right, Step Left heel down, Touch Right toe back, Step Right heel down,  
Step Left back, Step Right together, Step Left forward, Brush Right foot forward

HAVE FUN!!!

Step sheet provided by: Email – [SneakersNSpurs@neo.rr.com](mailto:SneakersNSpurs@neo.rr.com)