拍数： 144
壇数： 2
级数：Phrased Improver
编舞者：Alfred Wolf（DE）－July 2019
音乐：The Best（Edit）－Tina Turner


Count In： 16 Counts
Sequence：A，A，B，A，B，C，C，B（At 3rd time A6，replace steps 5－8 with Tag）
［A1］TOE TOUCH FWD 2x，TOGETHER（R＋L），SHUFFLE FWD（R＋L）
1\＆2 Touch R FWD 2x，step R together
3\＆4 Touch L FWD 2x，step L together
5\＆6 Step fwd $R$ ，step $L$ next to $R$ ，step fwd $R$
7\＆8 Step fwd $L$ ，step $R$ next to $L$ ，step fwd $L$
［A2］BACK，DRAG $2 x$ ，MONTEREY $1 / 4$ TURN $R 2 x$
1－2，3－4 Step back on $R$ ，drag $L$ to $R 2 x$
5\＆Touch $R$ toe to right side，turn $1 / 4$ right as you step $R$ next to $L$
6\＆Touch $L$ toe to left side，step $L$ next to $R$
7\＆Touch $R$ toe to right side，turn $1 / 4$ right as you step $R$ next to $L$
8\＆Touch L toe to left side，step L next to R

## ［A3＋4］REPEAT［A1］＋［A2］

［A5］ROCK SIDE，CROSS \＆CROSS \＆CROSS，SIDE，COASTER STEP
1－2 Rock $R$ to right side，recover onto $L$
3\＆Cross $R$ over $L$ ，step $L$ to left side
4\＆Cross $R$ over $L$ ，step $L$ to left side
5－6 Cross $R$ over $L$ ，step $L$ to left side
7\＆8 Step back R，step L next to $R$ ，step fwd $R$
［A6］ROCK SIDE，SHUFFLE ACROSS，MONTEREY ½ TURN R
1－2 Rock $L$ to left side，recover onto $R$
3\＆4 Cross $L$ over $R$ ，step $R$ to right side，cross $L$ over $R$
5－6 $\quad$ Touch $R$ to right side，turn $1 / 2$ right as you step $R$ next to $L$
7－8 $\quad$ Touch $L$ to left side，step $L$ beside $R$
［B1］ROCK SIDE，SHUFFLE ACROSS，ROCK SIDE，SHUFFLE ACROSS，
1－2 Rock $R$ to right side，recover onto $L$
3\＆4 Cross $R$ over $L$ ，step $L$ to left side，cross $R$ over $L$
5－6 Rock $L$ to left side，recover onto $R$
7\＆8 Cross L over R，Step R to right side，cross L over R
［B2］SIDE，BEHIND，SHUFFLE SIDE $1 / 4$ TURN R，STEP，PIVOT $1 ⁄ 2$ R， $1 / 2$ TURN R， $1 / 2$ TURN R
1－2 Step $R$ to side，cross $L$ behind $R$
3\＆4 Step $R$ to right，step $L$ beside $R$ ，step $R$ to right $1 / 4$ turn right．
5－6 Step fwd L，pivot $1 / 2$ right
7－8 Turn $1 / 2$ right stepping back $L$ ，turn $1 / 2$ right stepping fwd $R$
［B3］SHUFFLE FWD L，STEP，PIVOT ½ L，½ TURN L， $1 ⁄ 2$ TURN L，SHUFFLE FWD R
1\＆2 Step fwd $L$ ，step $R$ next to $L$ ，step fwd $L$
3－4 Step fwd R，pivot $1 / 2$ left
5－6 Turn $1 / 2$ left stepping back $R$ ，turn $1 / 2$ right stepping fwd $L$
[B4] ROCK FWD L, BACK SWEEP TURN ¼ L, KICK-BALL-CHANGE, TOUCH BEHIND, UNWIND ½ R

1-2
3\&4
5\&6
7-8 Rock fwd on $L$, recover on $R$
Sweep $L$ behind $R$ with $1 / 4$ turn $L$, step $R$ beside $L$, step fwd $L$
Kick $R$ fwd, step ball $R$ beside $L$, step $L$ in place
Touch $R$ behind $L, 1 / 2$ turn right on balls (weight ends on $R$ )
[B5-8] REPEAT [B1]-[B4] (06:00), START WITH LEFT FOOT

## [C1] VAUDEVILLE L + R 2x

1\&2\& Cross $R$ over $L$, step $L$ to the left, touch $R$ heel diagonally fwd, step $R$ beside $L$
3\&4\& Cross $L$ over $R$, step $R$ to the right, touch $L$ heel diagonally fwd, step $L$ beside $R$
5\&6\& Cross $R$ over $L$, step $L$ to the left, touch $R$ heel diagonally fwd, step $R$ beside $L$
7\&8\& Cross $L$ over $R$, step $R$ to the right, touch $L$ heel diagonally fwd, step $L$ beside $R$
[C2] ROCK FWD R, COASTER STEP, ROCK FWD L, TOUCH BEHIND, UNWIND ½ L
1-2 Rock fwd on R, recover on $L$
3\&4 Step back R, step L next to R, step fwd R
5-6 Rock fwd on $L$, recover on $R$
7-8 Touch $L$ behind $R, 1 / 2$ turn left on balls (weight ends on $L$ )
[C3] VAUDEVILLE L + R, STEP, PIVOT ½ L, TURN ½ L, TURN ½ L
1\&2\& Cross $R$ over $L$, step $L$ to the left, touch $R$ heel diagonally fwd, step $R$ beside $L$
3\&4\& Cross $L$ over $R$, step $R$ to the right, touch $L$ heel diagonally fwd, step $L$ beside $R$
5-6 Step fwd R, pivot $1 / 2$ left
7-8 Turn $1 / 2$ left stepping back $R$, turn $1 / 2$ right stepping fwd $L$
[C4] SHUFFLE FWD R, STEP, PIVOT ½ R, TURN ½ R, TURN ½ R, SHUFFLE FWD L
$1 \& 2 \quad$ Step fwd R, step $L$ next to $R$, step fwd $R$
3-4 Step fwd L, pivot $1 / 2$ right
5-6 Turn $1 / 2$ right stepping back $L$, turn $1 / 2$ right stepping fwd $R$
7\&8 Step fwd L, step R next to L, step fwd L
[Tag] HALF MONTEREY $1 ⁄ 2$ TURN R, HALF MONTEREY $1 ⁄ 2$ TURN L
1-2 Touch $R$ to right side, turn $1 / 2$ right as you step $R$ next to $L$
3-4 Touch $L$ to left side, turn $1 / 2$ left as you step $L$ next to $R$
[End] Unwind with slow sweep [Ending 12:00]

