Best of My Love

拍数: 32

级数: Beginner

编舞者: Amy Christian (USA) - November 2024

音乐: Best of My Love - The Emotions

Intro: 8 counts and start with Tag 1 which is the easy intro steps.

K-STEP

- 1-4 Step R diagonally forward, Touch L next to R (Clap), Step L diagonally back, Touch R next to L (Clap),
- 5-8 Step R diagonally back, Touch L next to R (Clap), Step L diagonally forward, Touch R next to L (Clap),

VINE RIGHT, VINE LEFT,

- 1-4 Step R to right side, Step L behind R, Step R to right side, Touch L next to R (Clap),
- 5-8 Step L to left side, Step R behind L, Step L to left side, Touch R next to L (Clap),

ROCKING CHAIR, STEP, POINT, STEP, POINT,

- 1-4 Rock forward on R, Recover back on L, Rock back on R, Recover forward on L,
- 5-8 Step R forward or across L, Touch L out to left side, Step L forward or across R, Touch R out to right side,

ROCKING CHAIR, PIVOT 1/8, PIVOT 1/8,

- 1-4 Rock forward on R, Recover back on L, Rock back on R, Recover forward on L,
- 5-8 Step R-L-R-L as you turn ¼ left (add hip rolls),

Start over!

TAGS - THIS EASY TAG IS DONE 3 TIMES IN THIS DANCE.

- Tag 1 is the intro. 8 counts repeated twice, making Tag 1/ Intro 16 counts. Start intro after 8 counts. STEP, DRAG, STEP, DRAG, STEP, HOLD, PIVOT ½, HOLD,
- 1-8 Step R forward, Drag L (or Hold), Step L forward, Drag R (or Hold), Step R forward, Hold, Pivot ½, Hold,

STEP, DRAG, STEP, DRAG, STEP, HOLD, PIVOT ½, HOLD,

1-8 Step R forward, Drag L (or Hold), Step L forward, Drag R (or Hold), Step R forward, Hold, Pivot ½, Hold,

Tag 2 – is done right after wall 5 facing 9 o' clock. Dance 8 counts of Tag 1.

STEP, DRAG, STEP, DRAG, STEP, HOLD, PIVOT ½, HOLD,

1-8 Step R forward, Drag L (or Hold), Step L forward, Drag R (or Hold), Step R forward, Hold, Pivot ¹/₂, Hold,

Tag 3 happens after wall 8 facing 6 o'clock. Dance 8 counts of Tag 1 plus 4 new counts .

STEP, DRAG, STEP, DRAG, STEP, HOLD, PIVOT ½, HOLD,

1-8 Step R forward, Drag L (or Hold), Step L forward, Drag R (or Hold), Step R forward, Hold, Pivot ½, Hold,

TOUCH, POSE/HOLD FOR 3 COUNTS,

1-4 Touch R next to L and strike a pose and hold for 3 counts,

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墙数: 4