

# The Best You Can

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Improver  
编舞者: Karen Fishback (USA)  
音乐: The Best You Can - Indigo Swing



## SHUFFLE FORWARD, RIGHT, LEFT, ROCKING CHAIR ON RIGHT

1&2-3&4      Step together step, right, left, right, step together step, left, right, left  
5-8      Rock forward on right, back on left, rock back on right, forward on left

## SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, SHUFFLE ½ TURN

1-2-3&4      Rock to right on right, center on left, cross right over left, left to side, cross right over left  
5-6-7&8      Rock to left on left, center on right, make ½ turn in 3 steps

## CHARLESTON

1-4      Rock back on right, step on left, kick right, step on right beside left  
5-8      Kick left, hold, step left back toe, heel

## ROCK BACK, STEP, ½ PIVOT, WALK 2, KICK BALL CHANGE

1-4      Rock back on right, center on left, step forward on right, pivot ½ and step on left  
5-8      Walk right, left, kick right, step right, left

## SYNCOATED VINE TO RIGHT (TAKE WEIGHT ON 8)

1-2&3-4      Step right with right, behind with left, side with right, in front with left, side with right  
5&6-7-8      Step behind with left, side with right, front with left, right with right, left with left

## K STEP (TAKE WEIGHT ON 8)

1-4      Step forward at an angle with right, touch left beside right, step center with left, touch right beside  
5-8      Step back at an angle with right, touch beside with left, center with left, step beside with right

## ROLLING VINE (TOUCH ON 8)

1-4      Step left with left, step behind with right, step left turning ¼ with left, spin ¼ more keeping weight on left  
5-8      Step right with right, step behind with left, step right with right, touch left beside right

## 3 TOE HEEL STRUTS FORWARD, TAP TOE AND KICK WITH RIGHT

1-6      Left toe, heel, right toe, heel, left toe heel  
7-8      Tap right toe, kick with right

## REPEAT

## TAG

After the 2nd time (on repeat of title) do 4 toe struts backward

## FOR A GRAND FINALE

After the 5th time, do 4 toe struts backward, shuffle right, rock behind, shuffle left, rock behind, do 4 - ¼ turning shuffles, walk forward 4, hold, spin ½ turn and lift arms to pose