

Best Mates

拍数: 32 墙数: 4 级数: Improver
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音乐: Let's Talk About Love - Jessie Farrell : (CD: Country Hits 2007 V.2)



(32 Count Intro) – start on main vocals

Section 1: Toe Strut x 2, Back, Together, Forward, Scuff, Toe Strut x 2, Step, Pivot, Step,

1& Step right toe back, drop right heel taking weight
2& Step left toe back, drop left heel taking weight
3& Step back on right, step left beside right
4& Step forward on right, scuff left beside right
5& Step left toe forward, drop left heel taking weight
6& Step right toe forward, drop right heel taking weight
7&8& Step forward on left, pivot ½ turn right ,step forward on left, scuff right beside left (6:00)

Section 2: Cross, Scoot, Back, Rock Back, Touch, Hitch, Touch Flick, Shuffle forward

1&2 Cross right over left, hop back on right, (left stays raised behind right), step back on left
3-4 Rock back on right, recover on left,
5& Touch right toe to right side, hitch right knee across left & slap with left hand
6& Touch right toe to right side, hook right behind left & slap right foot with left hand
7&8 Step forward on right, step left beside right, step forward on right (6:00)

Section 3: ¼ Turn, Hitch, Cross, Step, ½ Turn, Side, Point , ¼ Turn, Step, Hitch, Cross Step, ½ Turn, Side, Point

&1-2 ¼ turn left, hitching left knee, cross left over right, step right to right side
3-4 ½ turn left on ball of right stepping left to left side, point right to side (9:00)
& ¼ turn right stepping down on right (12:00)
5&6 H itch left knee, step down on left cross right over left (12:00)
7&8 S tep left to left side, ½ turn right on ball of left stepping right to right side, point left to side (6:00)

Section 4: Back, Heel Switches, Behind, Turn, Walk, Step Heel Swivels, Heel Grind ½ Turn

& Step back on left
1& Touch right heel forward, step right beside left
2& Touch left heel forward, step left beside right (6:00)
3&4 Cross right behind right, ¼ turn left, stepping forward left then right
5&6 Step forward on left, swivel both heels left & back to centre (3:00)
7-8 Touch right heel forward, turn right heel out making ½ turn right, step back on left (9:00)

Begin again.

(12 Count Tag): After 6th Wall (You will be facing 6:00)

Cross Full Turn Unwind, Step Touch x 2

1-8 Cross right over left slow full turn unwind left, weight stays on left (6:00)
1-2 Step forward on right, touch left beside right
3-4 Step back on left. Touch right beside left

Start dance from beginning