You Are The Best (最棒是你) (zh)

拍數: 32 **牆數:** 4 **級數:** Improver

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音樂: From Coast to Coast - Modern Talking

前奏： 16 counts from first beat, on vocal (app. 7 secs into track). Start with weight on L foot

第一段 **Right Side Mambo, Left Side Mambo, Rock, Recover, Cross Shuffle**
右曼波, 左曼波, 下沉回復, 交叉交換

1&2 Rock right to right side, Recover onto left, Step right beside left
右足右下沉, 左足回復, 右足併踏

3&4 Rock left to left side, Recover onto right, Step left beside right
左足左下沉, 右足回復, 左足併踏

5-6 Rock right to right side, Recover onto left
右足右下沉, 左足回復

7&8 Cross right over left, Step left to left side, Cross right over lef
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

第二段 **Left Vine/ ¼ Turn/Brush, Rocking Chair**
左華倫轉1/4帶刷, 搖椅步

1-4 Step left to left side, Step right behind left, Step quarter turn left on left, Brush right forward
左足左踏, 右足於左足後踏, 左轉90踏左足踏, 右足前刷

5-8 Rock forward on right, Recover on left, Rock back on right, Recover on left 右足前下沉, 左足回復, 右足後下沉, 左足回復

第三段 **Jazz Box With ¼ Turn, Jazz Box With ¼ Turn**
轉1/4爵士方塊, 轉1/4爵士方塊

1-2 Cross right over left, Step left back
右足於左足前交叉踏, 左足後踏

3-4 Make ¼ turn R and step right forward, Step left forward
右轉90度右足前踏, 左足前踏

5-6 Cross right over left, Step left back
右足於左足前交叉踏, 左足後踏

7-8 Make ¼ turn R and step right forward, Step left forward
右轉90度右足前踏, 左足前踏

(optional: snap fingers & swing arms up and down)
雙手上下擺動並彈手指

第四段 **Step, Pivot 1/2, Shuffle Forward, Out Out Clap, Cross, Unwind ½ Left 踏, 轉, 前交換, 外 外 拍手, 交叉 繞左1/2**

1 -2 Step forward on right, Make ½ pivot turn left
右足前踏, 左轉180度

3&4 Step Right forward, Close left beside right, Step right forward
右足前踏, 左足併踏, 右足前踏

&56 Step left out to left side, Step right out to right side, Clap hands
左足左踏, 右足右踏, 拍手

7-8 Cross right over left, unwind ½ turn to left taking weight on left
右足於左足前交叉踏, 左繞轉180度重心在左足