

# All My Best

**COPPER KNOB**  
BY STEPHEN

拍數: 68      牆數: 2      級數: Improver  
編舞者: Cheryl Carter (UK) - May 2017  
音樂: All My Best (A Tribute to Merle Haggard) - Sarah Dunn Band : (Album: Wild Wild Heart)



Music available from iTunes/Amazon

Note: Dance starts on vocal "Heart" approx. 8 Secs into track

## SEC 1: SIDE ROCK/RECOVER, DIAGONAL SHUFFLE FWD, SIDE ROCK/RECOVER, DIAGONAL SHUFFLE FWD

1-2            Rock right to right side, recover on left  
3&4           To left diagonal shuffle forward right, left, right (10:30)  
5-6           Rock left to left side, recover on right  
7&8           To right diagonal shuffle forward left, right, left (1:30)

## SEC 2: (FACING 1:30) STEP R, KICK BALL STEP, STEP L, KICK BALL STEP, STEP, WALK R, WALK L

1            Step forward right  
2&3        Left kick ball step  
4            Step forward left  
5&6        Right kick ball step  
7-8        Walk forward right, walk forward left

## SEC 3: ROCK, SHUFFLE 1/2 TURN, SHUFFLE 1/2 TURN, BACK, TAP

1-2            Rock forward on right, recover weight back on left (1:30)  
3&4           1/2 turn shuffle right stepping right, left, right (7:30)  
5&6           1/2 turn shuffle right stepping left, right, left (1:30)  
7-8           Step back right, tap left next to right (1:30)

## SEC 4: EXTENDED LOCK STEP, LOCK STEP, ROCK 1/8 TURN L/RECOVER, CROSS SHUFFLE

1-2            Step forward left, lock the right behind the left (1:30)  
3&4           Keeping on diagonal, step forward left, lock right behind left, step forward left  
5-6           Rock out right turning 1/8 turn left, recover on left (12:00)  
7&8           Cross right over left, step left to left side, cross right over left

## SEC 5: BACK, CLAP, BACK, CLAP, COASTER, STEP, 1/4 LEFT

1-2            Step back left on the left diagonal, touch right next to left and clap  
3-4            Step back right on the right diagonal, touch left next to right and clap  
5&6           Step back left, step right beside left, step forward left  
7-8            Step forward right, turn 1/4 left stepping left to side (9:00)

## SEC 6: CROSS SHUFFLE, SIDE, TAP, KICK BALL CROSS, SIDE, 1/4 LEFT TAP

1&2           Cross right over left, step left to left side, cross right over left  
3-4            Step left to left side, tap right next to left  
5&6           Kick right to right diagonal, step right in place, cross left over right  
7-8            Take large step right to right side, turn 1/4 turn left as you cross tap left over right (click fingers shoulder height)

(facing 6:00)

## SEC 7: STEP, POINT R, SHUFFLE, ROCK/RECOVER, 3/4 SHUFFLE

1-2            Step forward left, point right to right side  
3&4            Shuffle forward right, close left next to right, step forward right

5-6 Rock forward left, recover back on right  
7&8 1/2 turn left step left forward, 1/4 turn step right beside left, step left beside right (9:00)

**SEC 8: SIDE ROCK/RECOVER, & SIDE ROCK/RECOVER, CROSS, 1/4 BACK, CHASSE**

1-2 Rock right to right side, recover on left  
& 3-4 Close right next to left, rock left to left side, recover on right  
5-6 Cross left over right, turn 1/4 left stepping back on right  
7&8 Step left to left side, close right next to left, step left to left side

**SEC 9: RIGHT JAZZ BOX CROSS**

1-2 Cross right over left, step back on left  
3-4 Step right to right side, cross left over right

**Special thanks to Vikki Morris for her suggestions.... I hope you enjoy the dance xx**

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