

Best Life

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Lily Cheng (CN) & Xiazi Chen (CN) - January 2022
音樂: Best Life - Spencer Ludwig



Intro: 32 counts

(1-8) Forward R,L, R forward shuffle, Pivot 1/4 R, Cross shuffle

1-2 Step R forward, Step L forward
3&4 Step R forward, Lock L behind R, Step R forward
5-6 Step L forward, Pivot 1/4 turn R
7&8 Cross L over R, Step R beside L, Cross L over R

(9-16) Sway R,L, Side and sway, Recover, Side and sway, Left Samba, Right Samba

1-2 Sway body to R, Sway to L
3&4 Step R to R, Step L beside R, Step R to R (with body swaying)
5&6 Cross L over R, Step R to R, Recover weight on L
7&8 Cross R over L, Step L to L, Recover weight on R

(17-24) Pivot 1/2 R, L forward shuffle, Heel Strut(*2)

1-2 Step L forward, Pivot 1/2 turn R
3&4 Step L forward, Lock R behind L, Step L forward
5&6& Touch R heel forward, Step R beside L, Touch L heel forward, Step L beside R
7&8& Touch R heel forward, Step R beside L, Touch L heel forward, Step L beside R

(25-32) Camel walk, Paddle 1/2 Turn

1&2& Step R forward, L toe beside R, Step L forward, R toe beside L
3&4& Step R forward, L toe beside R, Step L forward, R toe beside L
5-6 Step R forward, Pivot 1/4 turn L
7-8 Step R forward, Pivot 1/4 turn L

Tag: After wall 8, dance the tag:

1-2 Rock R Back, Recover on L

Ending : On wall 9 after dance 31 counts, Pivot 1/2 turn L, facing 12:00

Have fun!

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