Wish You the Best



編舞者: Myra Harrold (SCO) - May 2023 音樂: Wish You The Best - Lewis Capaldi



SECT:1 SIDE,DRAG,BEHIND 1/4,FWD,1/2,FWD,FULL TURN,PIVOT 1/2,CROSS ROCK,SIDE ROCK,BEHIND,1/4

1,2&3&4. RF LONG STEP R.DRAG LF BEHIND RF.TURN ¼ R,RF FWD,LF FWD,PIVOT ½ R,LF

FWD (9)

&5. PIVOT ½ L,RF BACK,PIVOT ½ L,LF FWD,PIVOT ½ TURN L ON LF (ON THE SPOT) (3) 6&7&8&. ROCK RF ACROSS LF,RECOVER TO LF,ROCK RF TO R,RECOVER ON LF,RF BEHIND

LF, TURN ¼ L, LF FWD (12)

SECT:2. FWD,SWEEP ½,BEHIND SIDE CROSS HITCH,CROSS & CROSS,HITCH,CROSS & CROSS.HITCH,CROSS,1/2 HINGE

1,2&3 RF FWD,PIVOT ½ L SWEEPING LF OUT,LF BEHIND RF,RF TO R,CROSS LF OVER

RF, HITCH RF (6)

4&5. CROSS RF OVER LF, LF TO L, CROSS RF OVER LF, HITCH LF. (6)

6&7,8&1. CROSS LF OVER RF,RF TO R,CROSS LF OVER RF,HITCH RF,CROSS RF OVER

LF, TURN ¼ R, LF BACK, TURN ¼ R, RF LONG STEP TO R, (12)

SECT:3. ROCK,RECOVER,SIDE,BEHIND,1/4,FWD,PIVOT ½,ROCK FWD,RECOVER,BACK,KICK FWD.RUN.RUN.ROCK

2&3,4&. ROCK LF BEHIND RF,RECOVER TO RF,LF LONG STEP TO L,RF BEHIND LF,TURN 1/4

L,LF FWD (9)

5&6&7. RF FWD,PIVOT ½ L,ROCK RF FWD,RECOVER ON LF,RF BACK,KICK LF FWD(LEAN

BACK ON KICK)(3)

8&1. RUN FWD ON LF,RF,THEN ROCK FWD ON LF HITCHING RF BEHIND L LEG. (3)

SECT:4. BACK,SWEEP,BACK,SWEEP,BEHIND SIDE,TURN 1/8 ROCK FWD,RECOVER,REVERSE 1/2 TURN,FWD,FWD,1/2 TURN,ROCK FWD,RECOVER,REVERSE ½ TURN,SWEEP 1/8

2,3,4&5. RF BACK,SWEEP LF,LF BACK,SWEEP RF,RF BEHIND LF,LF TO L,TURN 1/8 L,ROCK RF

FWD (1.30)

6&7&8&1 RECOVER TO LF,TURN ½ R,RF FWD,LF FWD,PIVOT ½ R,RF FWD,ROCK LF

FWD, RECOVER TO RF, TURN ½ L, LF FWD SWEEPING RF OUT TO TURN 1/8 L (6)

SECT:5. CROSS ROCK, RECOVER, SIDE, ROCK BACK, RECOVER, SIDE, SWAY, SWAY

2&3,4&5,6&. ROCK RF OVER LF,RECOVER TO LF,RF TO R SIDE,ROCK LF BEHIND RF,RECOVER

TO RF, LF TO L SIDE, QUICK SWAY R THEN L. (6)

WALL 1 HAS 38 COUNTS

WALL 2 HAS 34 COUNTS WITH RESTART AT 12 O.CLOCK

WALL 3 HAS 22 COUNTS AND NEEDS A 1/4 TURN RIGHT TO RESTART AT 6 O.CLOCK

WALL 4 HAS 35 COUNTS AND NEEDS A QUICK ROCK TO THE LEFT TO RESTART AT 12 O.CLOCK

WALL 5 HAS 34 COUNTS WITH RESTART AT 6 0.CLOCK

WALL 6 HAS 16 COUNTS TO FINISH AT 12 O.CLOCK

YES IT'S A CHALLENGE BUT IF YOU LIKE THE MUSIC GO FOR IT