

Our Best!

拍數: 0 牆數: 1 級數: Improver
編舞者: Anita McNab (CAN)
音樂: Best Years of Our Lives - Baha Men



Sequence: C (Introduction only) then start dance: AB, AB, A, AB, AB, B
Choreographed for our 1st annual Workshop - The North "Rocks" for Charity - 2002 The Canadian Cancer Society in Sudbury, ON

PART A

SHUFFLE FORWARD RIGHT, ROCK STEP, SHUFFLE BACK LEFT, ROCK STEP

- 1&2 Shuffle forward: right, left together, forward right
3-4 Rock straight forward onto left, recover back onto right
5&6 Shuffle back: left, right together, back left
7-8 Rock straight back onto right, recover forward onto left

WALK, WALK, SCUFF RIGHT, HITCH, TOUCH RIGHT, HIP BUMPS UP & DOWN & UP & DOWN

- 9-10 Walk forward on right, walk forward on left
11&12 Scuff right beside left, hitch knee, touch right toe slightly forward
13&14& Bump right hip down & up (bending knees slightly and ending with weight on left)
15&16& Bump right hip down & up (bending knees slightly and ending with weight on left)

SHUFFLE SIDE RIGHT ¼ TURN LEFT, ROCK STEP

- 17&18 Side right, left together, side right ¼ turn to left,
19-20 Rock left behind right, recover weight onto right

SHUFFLE SIDE LEFT ¼ TURN RIGHT, ROCK STEP

- 21&22 Side left, right together, side left ¼ turn to right,
23-24 Rock right back, recover weight onto left

½ MONTEREY TURN RIGHT WITH TOUCH, ROCK, RECOVER, SHUFFLE LEFT WITH ½ TURN LEFT

- 25-28 Touch right toe out to right side, pivot ½ turn stepping onto right, touch left to side, touch left home
29-32 Rock left forward, recover right, shuffle left, pivoting ½ turn left (ending weight on left)

PART B

STEP SIDE RIGHT, LEFT TOGETHER FOR 6 COUNTS (LATIN HIP ACTION!), RIGHT COASTER STEP

- 1-2-3 Step side right, step left beside, step side right, step left beside
5-6 Step side right, step left beside
7&8 Back right, left beside right, right forward

WALK FORWARD LEFT-RIGHT-LEFT KICK RIGHT, ½ MONTEREY TURN RIGHT WITH A TOUCH OF LEFT (SHAKE SHOULDERS)

- 9-12 Walk forward left, right, left, kick right forward
13-16 Touch right toe out to right side, pivot ½ turn stepping onto right, touch left to side, touch left home

WALK FORWARD LEFT-RIGHT-LEFT KICK RIGHT, ½ MONTEREY TURN RIGHT WITH A TOUCH OF LEFT (SHAKE SHOULDERS)

- 17-20 Walk forward left, right, left, kick right forward
21-24 Touch right toe out to right side, pivot ½ turn stepping onto right, touch left to side, touch left home

STEP SIDE LEFT, RIGHT TOGETHER FOR 6 COUNTS (LATIN HIP ACTION!), LEFT COASTER STEP

25-28 Step side left, step right beside, step side left, step right beside

29-30 Step side left, step right beside

31&32 Back left, right beside left, left forward

PART C

First 8 steps of b and last 8 steps of b. (stepping to right side with coaster step then same to left)
