

# BEST FOOT FORWARD

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**Count:** 32

**Wall:** 4

**Level:** Beginner/Intermediate level

**Choreographer:** Terri Alexander (Aug 07)

**Music:** Boogie Down by Al Jarreau

## **Intro: 32 counts 1-8 Walk Forward R / L/ Mambo/ Walk Back L/ R/ Coaster**

- 1-2** Walk forward R, L
- 3&4** Rock forward on R, Recover weight to L, Step R beside L
- 5-6** Walk back L, R
- 7&8** Step back on L, Step R beside L, Step forward on L (12 o'clock)

## **9-16 R Side Mambo Cross/ L Side Mambo Cross/ Side R/ Step L Behind/ ¼ Shuffle**

- 1&2** Rock R to R side, Recover weight to L, Cross step R over L
- 3&4** Rock L to L side, Recover weight to R, Cross step L over R
- 5-6** Step R to R side, Step L behind R
- 7&8** Turning ¼ R Step R forward, Step L beside R, Step R forward (3 o'clock)

## **17-24 Rock/ Recover/ Back Shuffle/ ¼ Side Step/ Touch/ Side Step/ Touch**

- 1-2** Rock forward on L, Recover weight back to R
- 3&4** Step L back, Step R beside L, Step L back
- 5-6** Turning ¼ R step R to R side, Touch L beside R
- 7-8** Step L to L side, Touch R beside L (6 o'clock)

## **25-32 Step forward/ Kick/ Step Back/ Touch Back/ Step/ Pivot 1/4/ Toe Touches**

- 1-2** Charleston-Step R forward, Kick L forward
- 3-4** Step back on L, Touch R back
- 5-6** Step R forward, Pivot turn ¼ L (L takes weight)
- 7&** Slide/touch right toe forward, slide/step right together

## **8& Slide/touch left toe forward, slide/step left together (3 o'clock) Repeat**

**Wherever you are ? Crank it Up?and Dance!!! EMail / Website**