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## **Bible And The Best**

32 Count, 4 Wall, Improver Choreographer: Darren Bailey and Lana Williams (UK) July 2010

Choreographed to: The Bible And The Belt by Bucky Covington

1-2 &3 &4 5-6 7&8	Walk R, L, Syncopated touch and step, 1/4 turn R, cross shuffle Step Rf forward, Step Lf forward Step forward on Rf, touch Lf forward (turning body slightly to face 1:30) Close Lf next to Rf (squaring body upto 12:00), step forward on Rf Step forward on Lf, make a 1/4 turn R and step Rf to R side Cross Lf over Rf, step Rf to R side, cross Lf over Rf
1-2 3&4 5-6 7-8	1/4 turn, 1/2 turn, R shuffle forward, touches forward and back with Lean x2 Make a 1/4 turn L and step back on Rf, make a 1/2 turn L and step forward on Lf Step forward on Rf, close Lf next to Rf, step forward on Rf Touch Lf forward (Lean back slightly for style), touch Lf diagonally back L Touch Lf forward (Lean back slightly for style), step back on Lf
1& 2& 3& 4& 5-6& 7-8&	Back steps with heel flicks, Rock to R, syncopated change, Rock to L Step back on Rf, flick L heel back Step back on Lf, flick R heel back Step back on Rf, flick L heel back Step back on Lf, flick R heel back Step back on Lf, flick R neel back Rock Rf to R side, recover onto Lf, close Rf next to Lf Rock Lf to L side, recover onto Rf, close Lf next to Rf
1-2 3-4 5&6& 7&8	1/2 turn L, 1/4 turn L with touch, 1/2 turn L with touch, Cross, back, back, cross, back, Flick Step forward on Rf, make a 1/2 turn L Make a 1/4 turn L and touch Rf to R side, make a 1/2 turn L and touch Rf to R side Cross Rf over Lf, step back on Lf, step Rf to R side, Kick Lf forward Cross Lf over Rf, step back on Rf, close Lf next to Rf and at the same time flick Rf forward

**Restart.** On wall 5 start again after first 16 counts (2 sections).

Start again. Great Piece of Rockin' Country Music, to get your teeth into.

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