

# The Best Years

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Ron Tate (UK) - July 2023

Music: The Best Years of Our Lives - Rodney Crowell



**Count In: Dance starts on vocals (8 count intro approx. 8 seconds in)**

**Tag(s): There are no Tags or Restarts**

## **Section (1) Side Rocks, Cross Shuffle, Side Rocks, Cross Shuffle Wall**

- 1 – 2           SIDE ROCK (R), SIDE ROCK (L)
- 3 & 4           CROSS (R) over (L), STEP (L) to SIDE, CROSS (R) over (L)
- 5 – 6           SIDE ROCK (L), SIDE ROCK (R)
- 7 & 8           CROSS (L) over (R), STEP (R) to SIDE, CROSS (L) over (R)

## **Section (2) Side, Behind, Kick-Ball Cross, Side Rocks, Cross Shuffle**

- 1 – 2           STEP (R) to SIDE, CROSS (L) behind (R)
- 3 & 4           KICK (R) FORWARD, STEP (R) to SIDE & CROSS (L) over (R)
- 5 – 6           SIDE ROCK (R), SIDE ROCK (L)
- 7 & 8           CROSS (R) over (L), STEP (L) to SIDE, CROSS (R) over (L)

## **Section (3) Step, ¼ Turn, Cross Rocks, Chasse, Rock Back & Forward**

- 1 – 2           STEP (L) to SIDE, Make a ¼ TURN (R) stepping (R) to SIDE 3 o'clock
- 3 – 4           CROSS ROCK (L) over (R), ROCK BACK (L)
- 5 & 6           STEP (L) to SIDE, STEP (R) next to (L), STEP (L) to SIDE

**NB. Dance ends at this point.**

**To end facing the front wall, make a ¼ Turn (L) on count 6, Stomp (R)**

- 7 – 8           ROCK STRAIGHT BACK (R), ROCK FORWARD (L)

## **Section (4) Syncopated Jazz Box, Rock Steps, Shuffle**

- 1 – 2           CROSS (R) over (L), STEP BACK (L)
- & 3 – 4          STEP (R) to SIDE & CROSS (L) over (R), STEP (R) to SIDE
- 5 – 6           ROCK BACK (L), ROCK FORWARD (R)
- 7 & 8           STEP FORWARD (L), STEP (R) next to (L), STEP FORWARD (L)

**REPEAT STEPS**

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