

# The Best Years

拍数: 32      墙数: 4      级数: High Beginner  
编舞者: Ron Tate (UK) - July 2023  
音乐: 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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