

# Our Best!

拍数: 0                      墙数: 1                      级数: Improver  
编舞者: Anita McNab (CAN)  
音乐: 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)**

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