

# OUR BEST!

LINEDANCE.COM

**Count:** —                      **Wall:** 1                      **Level:** beginner/intermediate

**Choreographer:** Anita McNab

**Music:** Best Years Of Our Lives by The 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)**