

# The Best Thing

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**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Nathan Gardiner & Hayley Wheatley (UK-Jan 2015)

**Music:** Up by Olly Murs feat. Demi Lovato

## **Intro: 16 counts start on vocals**

### **S1: MAMBO STEP, COASTER STEP, WALK, WALK, SHUFFLE FORWARD**

- 1&2** Rock forward on right, Recover on left, Step back on right
- 3&4** Step back on left, Step right next to left, Step forward on left
- 5-6** Walk forward on right, Walk forward on left
- 7&8** Step forward on right, Step left next to right, Step forward on right

### **S2: ROCK FORWARD, RECOVER, COASTER STEP, STEP 1/4 LEFT, CROSS ROCK, RECOVER**

- 1-2** Rock forward on left, Recover on right
- 3&4** Step back on left, Step right next to left, Step forward on left
- 5-6** Step forward on right, Turn 1/4 left
- 7-8** Cross rock right over left, Recover on left

### **S3: BALL CROSS, SIDE, BEHIND, SIDE, CROSS, KICK BALL CROSS, ROCK OUT, RECOVER**

- &1-2** Step ball of right next to left, Cross step left over right, Step right to right side
- 3&4** Step left behind right, Step right to right side, Cross step left over right
- 5&6** Kick right foot slightly to right diagonal, Step back in place, Cross step left over right
- 7-8** Rock out to right side, Recover on left

### **S4: BEHIND, SIDE, CROSS, ROCK OUT, RECOVER, SAILOR 1/4 LEFT, KICK BALL STEP**

- 1&2** Step right behind left, Step left to left side, Cross step right over left
- 3-4** Rock out to left side, Recover on right
- 5&6** Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side
- 7&8** Kick right foot forward, Step back in place, Step forward on left

### **S5: ROCK FORWARD, RECOVER, BALL 1/4 LEFT, POINT RIGHT, CROSS SHUFFLE, SIDE, TOGETHER, BACK**

- 1-2** Rock forward on right, Recover on left

- &3-4** Step ball of right next to left, Turn 1/4 left stepping left to left side, Point right toes out to right side
- 5&6** Cross step right over left, Step left to left side, Cross step right over left
- 7&8** Step left to left side, Step right to right side, Step back on left

**S6: ROCK BACK, RECOVER, SHUFFLE FORWARD, MAMBO FORWARD, MAMBO STEP BACK**

- 1-2** Rock back on right, Recover on left
- 3&4** Step forward on right, Step left next to right, Step forward on right
- 5&6** Rock forward on left, Recover on right, Step back on left
- 7&8** Rock back on right, Recover on left, Step forward on right

**S7: STEP 1/2 PIVOT RIGHT, 3/4 HINGE TURN RIGHT, POINT CROSS, SIDE, SAILOR STEP**

- 1-2** Step forward on left, Turn 1/2 right
- 3-4** Turn 1/4 right stepping left to left side, Turn 1/2 right stepping forward on right
- 5-6** Point left toes over right, Point left toes out to left side
- 7&8** Step left behind right, Step right to right side, Step left to left side

**S8: ROCK OUT CROSS, SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER**

- 1&2** Rock out to right side, Recover on left, Cross step right over left
- 3-4** Rock out to left side, Recover on right
- 5&6** Step left behind right, Step right to right side, Cross step left over right
- 7-8** Rock out to right side, Recover on left

**Tags: At the end of walls 1, 2 & 3**

**Tag 1: At the end of wall 1 repeat the last 8 counts of the dance**

**Tag 2: At the end of wall 2**

**ROCKING CHAIR**

- 1-2** Rock forward on right, Recover on left
- 3-4** Rock back on right, Recover on left

**Tag 3: At the end of wall 3 repeat the last 8 counts of the dance**

**Start Again.....Happy Dancing**

