

SHREK'S BEST

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Count: 64

Wall: 4

Level: intermediate

Choreographer: Rita M. Kyle

Music: Best Years Of Our Lives by The Baha Men

STEP FORWARD, ROCK, TRIPLE, STEP BACK, ROCK, TRIPLE

Accentuated hip movement throughout dance

- 1-2 Step forward with right, rock back to left
- 3&4 Bring right to center triple in place right-left-right
- 5-6 Step back with left, rock forward on right
- 7&8 Bring left to center triple in place left-right-left

HIP BUMPS

- 9-10 Bump hips to the right twice
- 11-12 Bump hips to the left twice
- 13-16 Circle hips right to left twice (to the right)

ROCKING CHAIRS

- 17-18 Step rock forward on right, rock back on left
- 19-20 Step rock back on right, rock forward on left
- 21-24 Repeat 17-20

RIGHT, LEFT, TRIPLE, ROCK SAILOR

- 25-28 Right to right, left behind right, triple in place right-left-right
- 29-30 Rock forward on left, back on right
- 31&32 Left behind right, right to right, step on left beside right

CROSS ROCKS, TRIPLE IN PLACE

- 33-34 Step right across left, rock on left
- 35&36 Bring right to center as triple in place right-left-right
- 37-38 Step left across right, rock on right
- 39&40 Bring left to center as triple in place left-right-left

ROCK FORWARD ½ TURN, TRIPLE IN PLACE, REPEAT

- 41** Rock forward on right
- 42** Shift weight to left as turn ½ right bringing right around
- 43&44** Triple in place right-left-right
- 45** Rock forward on left
- 46** Shift weight to right as turn ½ left bringing left around
- 47&48** Triple in place left-right-left

JAZZ BOX WITH TOE STRUTS

- 49-50** Step right toe over left, snap right heel down
- 51-52** Step back with left toe, snap left heel down
- 53-54** Step side right with right toe, snap right heel down
- 55-56** Step center with left toe, snap left heel down

SHUFFLE, TURN ¼, CROSS SHUFFLE, ROCK

- 57&58** Shuffle forward right-left-right
- 59-60** Step forward with left, pivot ¼ right shifting weight to right
- 61&62** Cross shuffle left-right-left (cross left over right, right to right, left to right keeping in front of right)

- 63** Rock-step right to right
- 64** Step on left

REPEAT