

# De Værste Bedste År (the worst best years)

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**Count:** 32      **Wall:** 4      **Level:** High Beginner Fun dance

**Choreographer:** Lene Mainz Pedersen (DK) February 2019

**Music:** "De Værste Bedste År" by Rasmus Seebach (DK) iTunes

## #16 counts intro.

### [1-8] SIDE TOUCH R+L, RUMBA FWD, SIDE TOUCH L+R, RUMBA BACK

- 1 & 2 &    Step R to R, Touch L beside R, Step L to L, Touch R beside L
- 3 & 4        Step R to R, Step L beside R, Step fwd on R
- 5 & 6 &    Step L to L, Touch R beside L, Step R to R, Touch L beside R
- 7 & 8        Step L to L, Step R beside L, Step back on L

### [9-16] BACK LOCK, COASTER, TURN 1/4 L STEP R AND SWAY R, L, R, L

- 1 & 2        Step back on R, Lock L in front of R, Step back on R
- 3 & 4 &    Step back on L, Step R beside L, Step L fwd, Turn 1/4 L make a small hitch
- 5 - 8        Step R to R swaying R, Recover on L swaying L, Recover on R swaying R, Recover on L swaying L (9:00)

**(for styling: bend knees and hold palm of hands down beside thighs - swing your knees from side to side, with your hands along side of the body - the easy way is to watch the video )**

### [17-24] CHASSE R, TURN 1/4 L CHASSE L, BEHIND SIDE CROSS, LONG STEP L, TOUCH R

- 1 & 2        Step R to R side, Step L beside R, Step R to R side
- 3 & 4        Turn 1/4 L stepping L to L side, Step R beside L, Step L to L side (6:00)
- 5 & 6        Step R behind L, Step L to L side, Cross R in front of L
- 7 - 8        Step long step L dragging R towards L, Touch R beside L while snap your fingers

### [25-32] CHASSE 1/4 R, PIVOT 1/2 R, TURN 1/4 L CHASSE L, R BEHIND, TURN 1/4 L

- 1 & 2        Step R to R side, Step L beside R, Turn 1/4 R stepping R fwd (9:00)
- 3 - 4        Step L fwd, Turn 1/2 R recovering on R (3:00)

**5 & 6** Turn 1/4 R stepping L to L side, Step R beside L, Step L to L side (6:00)

**7 - 8** Step R behind L, Turn 1/4 L stepping L fwd (3:00)

**Start again - enjoy and keeeeeep smiling ?**

**TAG - after wall 1 (3:00), 3 (9:00), 7 (9:00) - VINE 1/4 R, WALK AROUND 3/4 R**

**( for styling - while walking around we clutch at our heads and moan the same as he´s singing “aj - aj - aj - aj” - all the time resignedly shaking our heads**

**1 - 3** Step R to R side, Cross L behind R, Turn 1/4 R stepping R fwd

**4 - 8** Walk a 3/4 circle R stepping L, R, L, R, L ( to face same place you ended the walls 1 (3:00), 3 (9:00), 7 (9:00)

**Ending - Wall 10 - Starts (3:00) after sec. 2 - keep swaying and SMILE (12:00)**

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