

# Best Life

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**Count:** 64      **Wall:** 2      **Level:** Phrased Advanced

**Choreographer:** Cody Flowers (USA) & Dustin Betts (USA) - October 2021

**Music:** - Spencer Ludwig

## Sequence: ABA ABA AB Tag A

### PART A

#### [1-8] Step-Touch (x2), Scissor Step, $\frac{1}{4}$ , $\frac{1}{2}$ , Back, Hitch, Back, Pop

**1&2&** Step RF fwd and to right diagonal, Touch LF beside RF, Step LF fwd and to left diagonal, Touch RF beside LF (12:00)

**3&4** Rock RF to right side, Step LF beside RF, Cross RF over LF (12:00)

**5&6& $\frac{1}{4}$  Turn Left stepping fwd on LF (9:00),  $\frac{1}{2}$  Turn Left stepping back on RF (3:00), Step back on LF, Hitch right knee (3:00)**

**7 8** Big step back on RF dragging your LF to RF, Step LF beside RF popping right knee (3:00)

#### [9-16] Mambo Fwd, Coaster Step, Step-Swivel-Swivel-Hitch (x2)

**1&2** Rock forward on RF, Recover weight on LF, Step back on RF (3:00)

**3&4** Step back on LF, Step RF beside LF, Step fwd on LF (3:00)

**5&6&** Step RF fwd, Swivel left heel toward RF while pivoting  $\frac{1}{4}$  turn left (12:00), Swivel right heel to right side,  $\frac{1}{8}$  Turn left hitching left knee (10:30)

**7&8& $\frac{1}{8}$  Turn right stepping LF down (12:00),  $\frac{1}{4}$  Turn right swiveling right heel to LF (3:00), Swivel left heel away from RF,  $\frac{1}{4}$  Turn Right hitching right knee (6:00)**

#### [17-24] Fwd, $\frac{1}{2}$ , Shuffle $\frac{1}{2}$ , Angled Mambo, & Bumb (x2)

**1 2 $\frac{1}{8}$  Turn right stepping fwd on RF (7:30),  $\frac{1}{2}$  Turn right stepping back on LF (1:30)**

**3&4 $\frac{1}{2}$  Turn right stepping fwd on RF (7:30), Step LF beside RF, Step fwd on RF (7:30)**

**5&6** Rock fwd on LF, Recover weight on RF, Step back on LF (7:30)

**&7&8** Lift right hip, bump hips down to left, bump right hip, bump hips down to left (7:30)

#### [25-32] Ball-Step Pivot $\frac{1}{2}$ , Step-Lock-Step, Pivot $\frac{1}{2}$ , Scissor w/ Hitch

**&1 2** Step ball of RF beside LF, Step fwd on LF, Pivot  $\frac{1}{2}$  Turn right transferring weight to RF (1:30)

**3&4** Step fwd on LF, Lock RF behind LF, Step fwd on LF (1:30)

**5 6** Step fwd on RF, Pivot  $\frac{1}{2}$  Turn left transferring weight to LF (7:30)

**7&8 $\frac{1}{8}$**  Turn left rocking RF to right side, Recover weight on LF, Hitch right knee by scooping knee down and then up (6:00)

## **PART B**

### **[1-8] Side-Swivel, Coaster Step, Fwd-Kick-&-Cross, $\frac{1}{4}$ Shuffle**

**1 2** Step RF to right side,  $\frac{1}{4}$  Turn left swiveling both heels counterclockwise (3:00)

**3&4** Step back on LF, Step RF beside, LF, Step fwd on LF (3:00)

**&5&6** Step RF fwd, Kick LF to left diagonal, Step LF down, Cross RF over LF (3:00)

**7&8** Step LF to left side,  $\frac{1}{4}$  Turn right stepping RF behind LF, Step LF beside RF (6:00)

### **[9-16] Rock-Recover-Lift, Step-Lock-Step, $\frac{3}{4}$ Walk Around**

**1&2** Rock fwd on RF, Recover weight on LF, Step back on RF lifting LF off of the ground (6:00)

**3&4** Step fwd on LF, Lock RF behind LF, Step fwd on LF (6:00)

**5678** Cross RF over LF and walk around RF, LF, RF, LF to make a  $\frac{3}{4}$  turn over L shoulder (9:00)

### **[17-24] Side-Swivel, Coaster Step, Fwd-Kick-&-Cross, $\frac{1}{4}$ Shuffle**

**1 2** Step RF to right side,  $\frac{1}{4}$  Turn left swiveling both heels counterclockwise (6:00)

**3&4** Step back on LF, Step RF beside, LF, Step fwd on LF (6:00)

**&5&6** Step RF fwd, Kick LF to left diagonal, Step LF down, Cross RF over LF (6:00)

**7&8** Step LF to left side,  $\frac{1}{4}$  Turn right stepping RF behind LF, Step LF beside RF (9:00)

### **[25-32] Rock-Recover-Lift, Step-Lock-Step, $\frac{3}{4}$ Walk Around**

**1&2** Rock fwd on RF, Recover weight on LF, Step back on RF lifting LF off of the ground (9:00)

**3&4** Step fwd on LF, Lock RF behind LF, Step fwd on LF (9:00)

**5678** Cross RF over LF and walk around RF, LF, RF, LF to make a  $\frac{3}{4}$  turn over L shoulder (12:00)

## **TAG**

### **[1-2] Step, Pivot $\frac{1}{2}$**

**1 2** Step RF fwd, Pivot  $\frac{1}{2}$  Turn left putting weight on LF

## **Contacts:-**

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