

THE BEST OF MY LOVE

Choreographers: Mary and Bob Townsend-Manning
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Record: The Beat Of My Love Artist: The Eagles
 Album: On the Border 4:31 @ 45 rpm
 Cut at 3:42, Linear fade starting at 3:39, then Speed to 47 rpm
Footwork: Opposite, except where noted
Rhythm/Level: Rumba III + 2 (Cross Body, Hip Rocks) Released June 2017 Corrected Oct 2017
Sequence: Intro A Amod B C Amod B End

INTRODUCTION

1---4 {CP WALL} WAIT 2 MEAS;; X BODY;;
 1-2 In CP WALL wait 2 meas;;
 3-4 Fwd L, rec R, sd L trng ¼ LF to fc LOD, - (Bk R, rec L, fwd R to L-position
 fcg COH, -); Bk R, rec L, fwd R trng ¼ LF to fc COH, - (Fwd L comm LF trn,
 fwd R comp trng ½ LF to fc WALL, sd L, -);
5---8 CUCARACHAS 2X;; X BODY;;
 5-6 Sd L, rec R, cl L, -; Sd R, rec L, cl R, -;
 7-8 Repeat meas 3-4 of Intro to CP WALL;;

PART A

1---4 BASIC TO BFLY;; FENCE LINE; START CRAB WKS;
 1-2 Fwd L, rec R, sd L, -; Bk R, rec L, sd R, - to BFLY WALL;
 3-4 Thru L with bent knee, rec R, sd L, -; Thru R, sd L, XRIF, -;
5---8 FINISH CRAB WKS; FENCE LINE; ½ BASIC; U/ARM TRN;
 5-6 Sd L, XRIF, sd L, -; Thru R with bent knee, rec L, sd R, -;
 7-8 Repeat meas 1 of Part A; XIB R, rec L, sd R, -(W Swvl on R fwd L under ld
 hands trng ½ RF, rec R trng ½ RF, sd L, -);
9--12 TO A LARIAT;; SD WK 3; 2 SLO HIP RKS;
 9-10 Sd L, rec R, cl L, - (Around M fwd R, fwd L, fwd R, -); Sd R, rec L, cl R, -
 (Cont around M fwd L, fwd R, fwd L trng to fc M, -) to BFLY WALL;
 11-12 Sd L, cl R, sd L, -; Rk R, -, Rk L, -;
13-16 SH TO SH; SPOT TRN; NYKR; NYKR IN 4;
 13-14 XRIF, rec L, sd R, - (XLIB, rec R, sd L, -); Thru L trng ½ RF, rec R cont
 RF trn, sd L, -;
 Thru R, rec L, sd R, -; Thru L, rec R, sd L, rec R;

PART A MOD

1--10 BASIC TO BFLY;; FENCE LINE; START CRAB WKS; FINISH CRAB
 WKS; FENCE LINE; ½ BASIC; U/ARM TRN; TO A LARIAT;;
 1-10 Repeat meas 1-10 of Part A;;; ;;; ;;; ;;;

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PART A MOD CONTINUED

- 11-13** **SD WK 6;; QK TWSTY VN 3 & HOLD;**
11-12 Repeat meas 11 of Part A; Cl R, sd L, cl R, -;
13 Sd L, XRIB, sd L, hold (Sd R, XLIF, sd R, hold) to BFLY BJO;
- 14-17** **SH TO SH; SPOT TRN; NYKR; NYKR IN 4;**
14-17 Repeat meas 13-16 of Part A;;;;

PART B

- 1---8** **CHASE WITH DOUBLE PEEKABOO;;; ;;;**
1-2 Fwd L trng ½ RF, rec R, fwd L, - (Bk R, rec L, fwd R, -); Sd R, rec L, cl R, -;
3-4 Sd L, rec R, cl L, -; Fwd R trng ½ LF, rec L, fwd R, - (fwd L trng ½ RF, rec R, fwd L, -);
5-6 Sd L, rec R, cl L, -; Sd R, rec L, cl R, -;
7-8 Fwd L, rec R, bk L, - (Fwd R trng ½ LF, rec L, fwd R, -); Bk R, rec L, fwd R, -;

PART C

- 1---4** **X BODY;; CUCARACHA 2X;;**
1-4 Repeat meas 3-6 of Intro;;;;
- 5---8** **X BODY;; 4 SLOW HIP RKS;;**
5-6 Repeat meas 7-8 of Intro;;;
7-8 Rk L, -, rk R, -; Rk L, -, rk R, -;

REPEAT PARTS A MOD & B

ENDING

- 1---4+** **X BODY;; XBODY;; CORTE,**
1-2 Repeat meas 3-4 of Intro;;;
3-4 Repeat mead 7-8 of Intro;;;
Bk & sd L,

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HEAD CUES

INTRO

CP WALL WAIT;; X BODY;; CUC 2X;; X BODY;;

A

BASIC; TO BFLY; FENCE LINE; CRAB WKS;; FENCE LINE;
½ BASIC; U/ARM TRN TO A LARIAT;;;
SD WK 3; 2 SLO HIP RKS;
SH TO SH; SPOT TRN; NYKR; NYKR IN 4;

AMOD

BASIC; TO BFLY; FENCE LINE; CRAB WKS;; FENCE LINE;
½ BASIC; U/ARM TRN TO A LARIAT;;;
SD WK 6;; QK TWSTY VN 3 & HOLD;
SH TO SH; SPOT TRN; NYKR; NYKR IN 4;

B

CHASE W/ DBL PEEK;;; ;;;

C

X BODY;; CUC 2X;; X BODY;; 4 SLO HIP RKS;;

AMOD

BASIC; TO BFLY; FENCE LINE; CRAB WKS;; FENCE LINE;
½ BASIC; U/ARM TRN TO A LARIAT;;;
SD WK 6;; QK TWSTY VN 3 & HOLD;
SH TO SH; SPOT TRN; NYKR; NYKR IN 4;

B

CHASE W/ DBL PEEK;;; ;;;

END

X BODY;; X BODY;; CORTE,