THE BEST OF MY LOVE  (AMENDED 6/18/2011)

CHOREOGRAPHERS: Russ and Judy Francis, 142 E. 1450 N. Layton, UT, 801-628-4752, Email: rounds-by-russ@comcast.net
MUSIC: MP3 Download Amazon.com “The Best Of My Love” Artist: Gold Star Ballroom Orchestra: Rumba
FOOTWORK: Opposite For Woman Except Where Noted
NOTE: May use [Option fwd/lck/fwd – or – bk/lck/bk] where applicable
RHYTHM: RUMBA
DANCE LEVEL: Phase V
SPEED: 45 RPM
RELEASED: JAN 2011

SEQUENCE: INTRO – A – B – C – B – C (1 – 14*) - END

INTRO

1 – 8
BTFY FCNG “CTR” WAIT; SD WLK - TWICE; BASIC; FNCLINE; WHIP – WALL; (Sd Wlk – Twice) Sd L, clo R, sd L; clo R, sd L, clo R; (Basic) Fwd L, rcvr R, diag bk L; bk R, rcvr L, diag fwd R; (Fncline) Staying in BTFY/WALL thru-lunge L, rcvr R, sd L; (Whip – Wall) Cross trail hnds ovr lead hnds trng ½ lft fc bk R, trng ½ lft fc fwd L to BTFY/WALL, sd R; (Woman crossing in fnt of Man fwd L, trng ½ lft fc bk R to BTFY, sd L;)

PART A

1 – 7
OPEN BRK; AIDA; SWITCH; TO RVS VINE -3; TO RVS AIDA; SWITCH; CUCARACHA – BTFY; (Open Brk) Rlsng trail hnds bk L shooting rt arm straight up, rcvr R to BTFY, sd L; (Aida) Cross trail hnds ovr lead hnds trng ¼ lft fc thru R, rsng trail hnds & trng 5/8 rt fc bk L to “V” bk to bk position, bk R to fc RLOD; (Switch) Arcing lead hnds up & twds LOD trng 5/8 lft fc to fc Ptnr sd L to BTFY/WALL, rcvr L, twds RLOD thru L; (To Rvs Aida) Cross lead hnds ovr trail hnds trng ¾ rt fc thru L, rsng lead hnds & trng 5/8 lft fc bk L to “V” bk to bk position, bk L to fc LOD; (Switch) Arcing trail hnds up & twds RLOD trng 5/8 rt fc to fc Ptnr sd R to BTFY/WALL, rcvr L, twds LOD thru R; (Cucaracha – Btfy) Sd L, trng ¼ rt fc rcvr R, clo L to BTFY/WALL; (Continued On Page 2)

8 – 13
TO RVS SD-DRW-TCH; HND TO HND – TWICE;; BRK BK – OPEN; KIKI WLK -3; SLIDING DOOR; (To Rvs Sd-Drw-Tch) Sd R, drw tch L; (Hnd To Hnd – Twice) Rslng lead hnds trng ¼ lft fc bk L, trng ¼ rt fc rcvr R to BTFY, sd L; (Bfk Brk – Opn) Rlsng lead hnds & trng ¼ lft fc bk L, rcvr R to OPEN/LOD, fwd L; (Kiki Wlk –3) Fwd R, fwd L, fwd R; (Sliding Door) Sd L, rcvr R, bhnd Woman cross L in fnt to LOPN/LOD;

14 – 16
CUCARACHA – BTFY – CTR; OPEN BRK; WHIP – WALL – HND SHK; (Cucaracha – Btfy - Ctr) Sd R, trng ¼ lft fc rcvr L, clo R to BTFY/COH; (Open Brk) Rlsng trail hnds bk L shooting rt arm straight up, rcvr R to BTFY, sd L; (Whip – Wall – Hnd Shk) Cross trail hnds ovr lead hnds trng ¼ lft fc bk R, trng ¼ lft fc fwd L to BTFY, sd R to HND SHK/WALL; (Woman crossing in fnt of Man fwd L, trng ¼ lft fc bk R to BTFY, sd L;)

PART B

1 – 6
OPEN HIP TWST; FAN; STOP N’ GO HCKYSTIK;; ALEMANA FRM FAN; (Open Hip Twst) Fwd L, rcvr R, bk L; (Woman trng ¼ rt fc bk R, trng ¼ lft fc rcvr L, fwd-swiv R ¼ rt fc to fc LOD;) (Fan) Bk R, rcvr L, clo R to FAN POSITION; (Woman fwd L, chng to lead hnds & trng ½ lft fc sd & bk R, bk L;) (Stop N’ Go Hckystik) Fwd L, rcvr R, clo L; (Woman fnd rght hand with rght hnd cross R in fnt, rcvr L, clo R to FAN POSITION;) (Woman clo R, fwd L, trng ½ lft fc ovr lead hnds bk R; bk L, rcvr R, trng ½ rt fc under lead hnds bk L;) (Alemana Frm Fan) Fwd L, rcvr R, sd L; (Woman in FAN POSITION;) (Woman clo R to fwd L, trng ¼ rt fc fwd R to fc Man; trng ¼ rt fc under lead hnds L to BTFY/WALL, sd R; (Woman clo R to fwd L, trng ¼ rt fc fwd R to BTFY, sd L;)

7 – 12
SHLDR TO SHLDR – TWICE – LFT HND STAR;; UMBRELLA TRNS – BTFY; (Shldr To Shldr – Twice – Lft Hnd Star) Staying in BTFY/WALL cross L in fnt (Woman cross R bhnd), rcvr R, sd L; cross in R fnt (Woman cross L bhnd), rcvr L, trng ¼ rt fc fwd R to LFT HND PALM STAR; (Umbrella Trns - Btfy) Fwd L, rcvr R, bk L; (Woman clo bk R, trng ½ lft fc under arched hnds fwd L, bk R) Fwd L, rcvr R, bk L; (Woman in FAN POSITION;) (Woman fnd rght hand with rght hnd cross R in fnt, rcvr L, clo R to FAN POSITION;) (Woman clo R to fwd L, trng ¼ rt fc fwd R to fc Man; trng ¼ rt fc under lead hnds L to BTFY/WALL, sd R; (Woman clo R to fwd L, trng ¼ rt fc fwd R to BTFY, sd L;)

13 – 17
½ BASIC – BJO; TORNILLO WHL;; BK ½ BASIC – BTFY; N-YRKR IN -4; (½ Basic - Bjo) Fwd L, rcvr R, bk L to BJO/WALL; (Tornillo Whl) Staying in BJO (Woman with lft ft up to rt knee wgt on toe of R) trng ½ rt fc curve fwd R, fwd L, fwd R; trng ½ rt fc curve fwd L, fwd R, fwd R; (Bk ½ Basic - Btfy) Bk R, rcvr L, fnd R to BTFY/WALL; (N-Yrkr in -4) Rlsng trail hnds trng ¼ rt fc cross L in fnt, rcvr R to BTFY/WALL, sd L, clo R;
1 – 8  
**OPN BRK; WHIP – CTR; FNCLINE; SPT TRN; N-YRKR; TO RVS AIDA; SWITCH; TO LOD VINE -3;**

(Opn Brk)  Rlsng trail hnds bk L shooting rt arm straight up, rcvr R to BTFY, sd L-;  
(Whip – Ctr)  Cross trail hnds ovr lead hnds trng ¼ ft fc bk R, trng ¼ ft fc fwd L to BTFY/COH, sd R-;  
(Woman crossing in frnt of Man fwd L, trng ½ ft fc bk R to BTFY, sd L-;  
(Fncline)  Staying in BTFY/WALL thru-lunge L, rcvr R, sd L-;  
(Spt Trn)  Rlsng hnds trng ½ ft fc thru R, pvtng ½ ft fc rcvr L to BTFY/WALL, sd R-;  
(N-Yrkr)  Rlsng trail hnds trng ¼ rt fc thru L, trng ¼ ft fc rcvr R to BTFY, sd L-;  
(To Rvs Aida)  Cross trail hnds ovr lead hnds trng ¼ ft fc thru R, rlsng lead hnds & trng 5/8 rt fc bk L to “V” bk to bk position, bk R to fc LOD-;  
(Switch)  Arcing lead hnds up & twds RLOD trng 5/8 ft fc to fc Ptnr sd L to BTFY/COH, rcvr R, twds LOD thru L-;  
(To Lod Vine -3)  Sd R, cross L bhnd, sd L-;  

9 – 16  
**CRABWLK – TWICE;; SPT TRN – TWICE;; OPN BRK; WHIP – WALL; (̷̷) SHLDR TO SHLDR; SPT TRN;**

(Crabwlk – Twice)  Staying in BTFY/COH thru L, sd R, thru L-; sd R, clo L, sd R-;  
(Spt Trn – Twice)  Rlsng hnds trng ½ rt fc thru L, pvtng ½ rt fc rcvr R to BTFY/WALL, sd L-;  
(Spt Trn)  Rlsng hnds trng ½ ft fc thru R, rtng ½ ft fc rcvr L to BTFY/WALL, sd R-;  
(Opn Brk)  Rlsng trail hnds bk L shooting rt arm straight up, rcvr R to BTFY, sd L-;  
(Whip – Wall)  CL cross trail hnds ovr lead hnds trng ¼ ft fc bk R, trng ¼ ft fc fwd L to BTFY/WALL, sd R-;  
(Woman crossing in frnt of Man fwd L, trng ½ ft fc bk R to BTFY, sd L-;  
(Shldr To Shldr)  Staying in BTFY/WALL cross L in frnt (Woman cross R bhnd), rcvr R, sd L-;  
(Spt Trn)  Rlsng hnds trng ½ ft fc thru R, pvtng ½ ft fc rcvr L to BTFY/WALL, sd R-;  

**REPEAT PARTS “B” & “C”**

END

1 – 4  
**SD WLK - TWICE;; OPN BRK; AIDA & HOLD;**

(Sd Wlk – Twice)  Sd L, clo R, sd L-; clo R, sd L, clo R-;  
(Opn Brk)  Rlsng trail hnds bk L shooting rt arm straight up, rcvr R to BTFY, sd L-;  
(Aida)  Cross trail hnds ovr lead hnds trng ¼ ft fc thru R, rlsng trail hnds & trng 5/8 rt fc bk L to “V” bk to bk position, bk R to fc RLOD & hold-;