THE BEST OF MY LOVE (REVISED 7/17/2011)

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

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 Wk – 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 fwi d R–;
(Fncline) Staying in BTFY/WALL thru-lunge L, rcvr R, sd L –; (Whip – Wall) Cross trail hnds ovr lead hnds thrng ¼ lft fc bk R, thrng ¼ lft fc fwi d L to BTFY/WALL, sd R –; (Woman crossing in frnt of Man fwi d L, thrng ½ lft fc bk R to BTFY, sd L –;

PART A

1 – 7

OPN BRK;; AIDA;; 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 thrng ¼ lft fc thrv R, rlsng trail hnds & thrng 5/8 rt fc bk L to “V” bk to bk position, bk R to fc RLOD –; (Switch) Arcing lead hnds up & twds LOD thrng 5/8 lft fc to fc Ptnr sd L to BTFY/WALL, rcvr R, twds RLOD thru L –; (To Rvs Vine -3) sd R, cross L, shldr L, rds R –; (To Rvs Aida) Cross lead hnds ovr trail hnds thrng ½ lft fc thru R, rlsng lead hnds & thrng 5/8 lft fc bk L to “V” bk to bk position, bk L to fc LOD –; (Switch) Arcing trail hnds up & twds RLOD thrng 5/8 rt fc to fc Ptnr sd R to BTFY/WALL, rcvr L, twds LOD thru R –; (Cucaracha – Btty) Sd L, thrng ¼ rt fc rcvr R, clo R; BTFY/WALL –;

8 – 13

TO RVS SD-DRW-TCH;; HND TO HND – TWICE;; BRK BK – OPN; KIKI WLK -3; SLIDING DOOR;
(To Rvs Sd-Drw-Tch) Sd R, drw tch L –; (Hnd To Hnd – Twice) Rlsng lead hnds thrng ¼ lft fc bk L, thrng ½ rt fc rcvr R to BTFY, sd L –; rlsng trail hnds thrng ¼ lft fc bk R, thrng ¼ lft fc rcvr L to BTFY, sd R –; (Bk Brk – Opn) Rlsng lead hnds & thrng ¼ lft fc bk L, rcvr R to OPN/LOD, fwi d L –; (Kiki Wlk -3) fwi d R, fwi d L, fwi d R –; (Sliding Door) Sd L, rcvr R, shldr L, woman cross L in frnt to LOPN/LOD –;

14 – 16

CUCARACHA – BTFY – CTR; OPN BRK;; WHIP – WALL – HND SHK;
(Cucaracha – Btty - Ctr) Sd R, thrng ½ 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 thrng ½ lft fc bk R, thrng ½ lft fc fwi d L to BTFY, sd R to HND SHK/WALL –; (Woman crossing in frnt of Man fwi d L, thrng ½ lft fc bk R to BTFY, sd L –;

PART B

1 – 6

OPN HIP TWST;; FAN; STOP N’ GO HCKYSTIK;; ALEMANA FRM FAN;;
(Open Hip Twst) Fwd L, rcvr R, bk L –; (Woman thrng ¼ rt fc bk R, thrng ½ lft fc rcvr L, fwi d-swi v ¼ rt fc to fc LOD;) (Fan) Bk R, rcvr L, clo R to FAN POSITION –; (Woman fwi d L, chng to lead hnds & thrng ½ lft fc sd & bk R, bk L –;) (Stop N’ Go Hckystik) Fwd L, rcvr R, clo L –; catch Woman on her back with rt hnd cross R in frnt, rcvr L, clo R to FAN POSITION –; (Woman clo R, fwi d L, thrng ½ lft fc undr lead hnds bk R –; bk L, rcvr R, thrng ½ rt fc undr lead hnds bk L –;) (Alemana Frm Fan) Fwd L, rcvr R, sd L –; rlsng trail hnds cross R bhnd, rcvr L, sd R to BTFY/WALL –; (Woman clo R to L, fwi d L, thrng ½ rt fc fwi d R to fc Man –; thrng ½ rt fc undr lead hnds cross L in frnt, thrng ½ rt fc rcvr R to BTFY, sd L –);

7 – 13

SHLDR TO SHLDR – TWICE – LFT HND STAR;; UMBRELLA TRNS – BTFY;; ½ BASIC – BJO;
(Shldr To Shldr – Twice – Lft Hnd Star) Staying in BTFY/WALL cross L in frnt (Woman cross R bhnd), rcvr R, sd L –; cross in R fmrn (Woman cross L bhnd), rcvr L, thrng ¼ rt fc fwi d R to LFT HND PALM STAR –; (Umbrella Trns - Btty) Fwd L, rcvr R, bk L –; (Woman bk R, thrng ½ lft fc undr arched hnds fwi d L, bk R –;) bk R, thrng ½ lft fc undr arched hnds fwi d L, bk R to fc LOD –; (Woman bk L, thrng ½ lft fc undr arched hnds fwi d R, bk L –;) bk L, thrng ½ lft fc undr arched hnds fwi d R, bk L to fc LOD –; (Woman bk R, thrng ½ lft fc undr arched hnds rcvr L, bk R –;) bk R, thrng ½ lft fc fwi d L to BTFY/WALL, sd R –; (Woman bk L, thrng ½ lft fc fwi d R, sd L –;) (½ Basic – Bjo) Fwd L, rcvr R, bk L to BJO/WALL –;

14 – 17

TORNILLO WHL;; BK ½ BASIC – BTFY;; N-YRKR IN-4;
(Tornillo Whl) Staying in BJO (Woman with lft ft up to rt knee wgt on toe of R) thrng ½ rt fc curve fwi d R, fwi d L, fwi d R –; thrng ½ rt fc curve fwi d L, fwi d R, fwi d L –; (Bk ½ Basic - Btty) Bk R, rcvr L, fwi d R to BTFY/WALL –; (N-Yrkr In-4) Rlsng trail hnds & thrng ½ rt fc cross L in frnt, rcvr R to BTFY/WALL, sd L, clo R;
PART C

1 – 8

**OPN BRK; WHIP – CTR; FNCLINE; SPT TRN; N-YRKR; TO RVS AIDA; SWITCH; TO LOD VINE -3;**

(Open 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 fnt 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, ptvng ½ ft fc rcvr L to BTFY/WALL, sd R;

(N-Yrkr) Rlsng trail hnds trng ¼ rt fc thru L, trng ¼ rt 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, ptvng ½ rt fc rcvr R to BTFY/WALL, sd L;

(Rsng hnds trng ½ ft fc thru R, ptvng ½ ft fc rcvr L to BTFY/WALL, sd R);

(Open 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 fnt of Man fwd L, trng ½ ft fc bk R to BTFY, sd L);

(Woman crossing in fnt of Man fwd L, trng ½ ft fc bk R to BTFY, sd L)

(Spt Trn) Rsng hnds trng ½ ft fc thru R, ptvng ½ ft fc rcvr L to BTFY/WALL, sd R;

(REPEAT PARTS “B” & “C (1 – 14*)”)

END

1 – 2

**TO RVS AIDA & HOLD;;**

(Aida) Cross lead hnds ovr trail hnds trng ¼ rt fc thru L, rlsng lead hnds & trng 5/8 ft fc bk R to “V” bk to bk position, bk L to fc LOD; & hold;