THE BEST OF MY LOVE

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 - 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, rcrv R, diag bk L; bk R, rcrv L, diag fwd R–;
(Fncline) Staying in BTFY/WALL thru-lunge L, rcrv R, sd L; (Whip – Wall) Cross trail hnds ovr lead hnds trng ½ ft fc bk R, trng ½ 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–;

PART A

1 – 7

OPN 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, rcrv R to BTFY, sd L–; (Aida) Cross trail hnds ovr lead hnds trng ¼ ft fc thru R, rlsng trail hnds & trnd 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 ft fc to fc Ptnr sd L to BTFY/WALL, rcrv R, trwd RLOD thru L–; (To Rvs Aida) Cross lead hnds ovr trail hnds trng ¼ rt fc thru L, rlsng lead hnds & trng 5/8 ft 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, rcrv L, trws LOD thru R–; (Cucaracha – Bftty) Sd L, trng ¼ ft rc rcrv R, clo L to 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 trng ¼ ft fc bk L, trng ¼ rt fc rcrv R to BTFY, sd L–; rlsng trail hnds trng ¼ rt fc bk L, trng ¼ ft fc rcrv L to BTFY, sd R–; (Brk Bk – Opn) Rlsng lead hnds & trng ¼ ft fc bk L, rcrv R to OPN/LOD, fwd L–; (Kiki Wlk –3) Fwd R, fwd L, fwd R–; (Sliding Door) Sd L, rcrv R, bhnd Woman cross L in frnt to LOPN/LOD–;

14 – 16

CUCARACHA – BTFY – CTR; OPN BRK; WHIP – WALL – HND SHK;
(Cucaracha – Bftty - Ctr) Sd R–, trng ¼ ft fc rcrv L, clo R to BTFY/COH–; (Open Brk) Rlsng trail hnds bk L shooting rt arm straight up, rcrv R to BTFY, sd L–; (Whip – Wall – Hnd Shk) Cross trail hnds ovr lead hnds trng ¼ ft fc bk R, trng ¼ ft fc fwd L to BTFY, sd R to HND SHK/WALL –; (Woman crossing in frnt of Man fwd L, trng ½ ft fc bk R to BTFY, sd L–;

PART B

1 – 6

OPN HIP TWST; FAN; STOP N’ GO HCKYSTIK;; ALEMANA FRM FAN;
(Open Hip Twist) Fwd L, rcrv R, bk L–; (Woman trng ¼ rt fc bk R, trng ¼ ft fc rcrv L, fwd-swiv R ¼ rt fc to fc LOD;) (Fan) Bk R, rcrv L, clo R to FAN POSITION–; (Woman fwd L, chngg to lead hnds & trng ½ ft fc sd & bk R, bk L–) (Stop N’ Go Hckystik) Fwd L, rcrv R, clo L–; catch Woman on her back with rt hnd cross R in frnt, rcrv L, clo R to FAN POSITION–; (Woman clo r, fwd L, trng ½ ft fc underst lead hnds bk R–; bk L, rcrv R, trng ½ rt fc undr lead hnds bk L–;) (Alemana Frm Fan) Fwd L, rcrv R, sd L–; rlsng trail hnds cross R bhnd, rcrv R, sd R to BTFY/WALL–; (Woman clo R to L, fwd L, trng ¼ rt fc fwd R to fc Man–; trng ½ rt fc undr lead hnds cross L in frnt, trng ½ rt fc rcrv 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 frnt (Woman cross R bhnd), rcrv R, sd L–; cross in R fmt (Woman cross L bhnd), rcrv L, trng ¼ rt fc fwd R to LFT HND PALM STAR–;
(Umbrella Trns - Btft) Fwd L, rcrv R, bk L–; (Woman bk R, trng ½ ft fc undr arched hnds fwd L, bk L–;) rcrv R, trng ½ ft fc undr arched hnds fwd L, rcrv R to LOD–; (Woman bk L, trng ½ rt fc undr arched hnds fwd R, bk L–;) bk L, trng ½ rt fc undr arched hnds fwd R, bk L to fc RLOD–; (Woman bk R, trng ½ ft fc undr arched hnds rcrv L, bk R–;) rcrv R, trng ¼ ft fc fwd R to BTFY/WALL, sd R–; (Woman bk L, trng ¼ rt fc fwd R, sd L–;

13 – 17

½ BASIC – BJO; TORNILLO WHL;; BK ½ BASIC – BTFY; N-YKRK IN -4;
(½ Basic – Bjo) Fwd L, rcrv 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 L–; (Bk ½ Basic - Btft) Bk R, rcrv L, fwd R to BTFY/WALL–; (N-Yrkr in -4) Rlsng trail hnds & trng ¼ rt fc cross L in frnt, rcrv R to BTFY/WALL, sd L, clo R;

(Continued On Page 2)
PART C

1 – 8

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

(Open Brk) Risng 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) Risng hnds trng ½ ft fc thru R, pvtng ½ ft fc rcvr L to BTFY/WALL, sd R-

(N-Yrkr) Risng trail hnds trng ½ rt fc thru L, trng ¼ ft fc rcvr R to BTFY, sd L-

(Tod Rvs Aida) Cross trail hnds ovr lead hnds trng ¼ ft fc thru R, risng 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-

(Tod 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-

(Spt Trn – Twice) Risng hnds trng ½ rt fc thru L, pvtng ½ rt fc rcvr R to BTFY/WALL, sd L-

(Open Brk) Risng 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) Risng 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-

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