The Best of Me
(Lo Mejor de Mi)

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Music: Cristian Castro, Lo Mejor de Mi, “Lo Mejor de Mi” (Track #1)

Rhythm/Phase: Bolero, Phase IV + 1 (Half Moon)
Timing: SQQ unless otherwise noted. Timing reflects actual weight changes.
Footwork: Described for M (W opposite or as noted)

Sequence: Intro A B A B(1-13) Ending

INTRO

1-4  WAIT 2 MEAS ; ; FRONT VINE 4 ; RUMBA AIDA ;
    1-2 [Wait 2 Meas] Low BFLY WALL w/ trail ft free;;
2 QQQQ 3 [Front Vine 4] XRIF of L (W XLIB of R), sd L, XRIB of L (W XLIB of R), sd L;
  QQS 4 [Rumba Aida] Thru R, comm RF trn sd L, cont RF trn sd & bk R end bk-to-bk “V” pos M fcg
       DRC (W fcg DRW);
5-6 SLOW HIP KKS ; FC for FENCE LINE w/ ARMS ;
  SS 5 [Slow Hip Kks] Sd & fwd R w/ rise,-, lft sweep trail arm twd RLOD,-, sd R sweep trail arm twd LOD,-;
    6 [Fc for Fence Line] Sd L swiveling sharply LF to LOP Fcg pos WALL pt R sd,-, XRIF of L (W XLIB of R) flexing R knee sweep trail arms up & over, bk L trn RF sweep trail arms out to sd end LOP Fcg pos WALL;

PART A

1-4  LUNGE BREAK ; LEFT PASS ; NEW YORKER ; UNDERARM TURN ;
S-- (SQQ) 1 [Lunge Break] Sd & fwd R w/ rise,-, slight RF bdy trn lower in R knee letting L ft slide sd & bk no wgt, slight LF bdy trn w/ rise slightly in R knee (W sd & bk L w/ rise,-, sm bk R w/ contra ck action, fwd L) end LOP Fcg pos DRW;
  2 [Left Pass] Fwd L w/ rise to SCAR DRW lead W trn RF to shape body LOD,-, slip bk R flex knee, fwd L trn LF to fc COH (W fwd R trn 1/4 RF back to M,-, sd & fwd L flex knee strong trn LF, bk R cont trn to fc ptr) end LOP Fcg pos COH;
    3 [New Yorker] Sd & Fwd R w/ rise,-, open up to LOD fwd L w/ soft knee to sd-by-sd pos, bk R to fc ptr & COH;
    4 [Underarm Turn] Sd L w/ rise,-, XRIB of L, fwd L (W sd R w/ rise comm RF trn,-, XLIB of R to trn RF undr jnd ld hnds, fwd R complete trn to fc ptr) end LOP Fcg pos DLC;

5-8 FWD BRK ; RIGHT PASS [FC WALL] ; OPEN BRK ; SLOW CUDDLE HIP KKS ;
    5 [Fwd Break] Sd & fwd R w/ rise,-, small fwd L w/ R shoulder lead for slight contra ck action, bk R end LOP Fcg pos DLC;
    6 [Right Pass] Fwd & sd L w/ rise comm RF trn stretch L sd raise ld hnds to create window,-, XRIB of L cont RF trn, fwd L (W fwd R,-, fwd L start LF trn, bk R cont LF trn undr ld hnds) end LOP Fcg pos WALL;
    7 [Open Break] Sd & fwd R w/ rise to LOP fcg trail arms extended to sd,-, sm bk L lowering, fwd R end LOP Fcg pos WALL;
  SS 8 [Cuddle Hip Kks] Blnd to cuddle pos plc hands on W's hips (W plc hnds on M's shoulders) sd L w/ hip roll CCW,-, sd R w/ hip roll CW end CUDDLE pos WALL;

9-12 1/2 OP BOLERO WALK ; OP IN & OUT RUNS ; SYNC the 2nd ONE ;
SD LUNGE & ROLL RLOD ;
    9 [Bolero Walk] Trn LF to ½ OP “V” pos LOD fwd L w/ rise,-, fwd R, fwd L;
  10 [Start In & Out Runs] Fwd R w/ rise comm RF trn,-, cont RF trn sd & bk twd DLW, cont RF trn
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sd & fwd R (W fwd L w/rise., fwd R b/w M's ft, fwd L) end Left ½ OP “V” pos LOD;

11 [In & Out Run Sync] Fwd L w/rise., fwd R b/w W's ft/fwd L, fwd R (W fwd R comm RF trn., cont RF trn bk & sd L w/ f/wd L, fwd L) end ½ OP “V” pos LOD;

12 [Lunge Sd & Roll RLOD] Lunge sd L extend ld arms LOD.-, trn RF to RLOD sd & fwd R, bk L cont RF trn end LOD Fcg pos WALL;

13-17 PREP AIDA ; AIDA LINE w/ HIP RKS ; FC for SPOT TURN ;

HAND TO HAND [CLOSING UP for] ; HIP LIFT ;

13 [Prep Aida] Sd & fwd R w/ rise sweep ld arms up to slight LOD “V” shape,-, taking arms over thru L, trng LF sd R join trail hnds;

14 [Aida Line w/ Hip Rks] Cont trn LF sd & bk L to bk-to-bk “V” pos fcg LOD sweep ld arms up & bk-., sd R, sd L;

15 [Fc for Spot Turn] Sd & fwd R svwlng RF sharply to momentary BFLY,.-, XLIF of R (W XRIF of L) trn RF to fc LOD, rec R end BFLY WALL;

16 [Hand to Hand] Sd L w/ rise,-, trn RF bk R (W bk L) to fc RLOD w/ ld hnds joined, trn LF rec L end LOD Fcg pos WALL;

S--

17 [Hip Lift] Sd R w/ rise to CP bring L ft to R & lower L hip,-, w/ no wgt chg lift L hip up, lower L hip down end CP WALL;

PART B

1-4 TURNING BASIC ; ; TURNING BASIC w/ OPEN BRK ENDING ; :

1-2 [Turning Basic] Sd L w/ rise w/ slight upper body trn RF (W sd R head closed w/ slight upper body trn RF),.-, comm trn 1/2 LF (W LF) bk R w/ slip pivot action, sd & fwd L cont trn to fc COH; sd & fwd R w/ rise,-, trn LF (W LF) fwd L w/ contra chk action,-, rec R soft knee end CP COH;

3-4 [Turning Basic w/ Open Break Ending] Repeat meas 1 Part B in opp direction end CP WALL; Sd R w/ rise, -., bk L (W bk R), rec R end LOD Fcg pos WALL;

5-8 UNDERARM TURN w/ LARIAT 3 ; ; M TURN [BFLY COH] for FENCE LINE ;

SYNC HIP RKS to HANDSHAKE ;

5-6 [Underarm Turn] Sd L w/ rise raise ld hnds,-, XRIB of L & lower, fwd L (W sd R w/ rise comm RF trn,.-, XLIF of R cont RF trn undr joined ld hnds, fwd R twd M’s R sd); [Lariat 3] Ld hnds still high in plc R, -., sm sd L, sm sd R (W moving CW around M fwd L, -., fwd R, fwd L) end M fc WALL (W fc LOD bhnd M) ld hnds high;

7 [M Turn for Fence Line] Sd L swiveling sharply LF (W fwd R swiveling RF) to BFLY COH,-, XRIF of L (W XRIF of R) flexing R knee, bk L trng LF end LOW BFLY COH;

SQ&Q

8 [Sync Hip Rks] Sd R w/ hip roll CW,-, sd L/R, L end HANDSHAKE COH;

9-12 HALF MOON ; ; START HALF MOON ; RT HAND UNDERARM TURN ;

9-10 [Half Moon] Sd R comm RF trn w/ rt sd stretch in slight “V” shape twd ptr (W sd L comm LF trn w/L sd stretch),.-, cont trn fwd L soft knee shaping to ptr, bk R trn to fc ptr; Trn LF sd & fwd L w/L sd stretch (W trn RF sd & fwd R raise L arm trng body slightly away from ptr but look at & shape to ptr),.-, slip bk R shape to ptr (W slip fwd L in front of M trn LF), fwd L cont trn to fc ptr (W bk R cont trn to fc ptr) end HANDSHAKE WALL;

11 [Start Half Moon] Repeat meas 9 Part B w/ opp directions end HANDSHAKE WALL;

12 [Rt Hand Underarm Turn] Sd & slightly fwd L w/ rise raising joined R hnds,-, bk R, rec L lowering R hnds (W sd R w/ rise comm RF trn,.-, XLIF of R trng RF undr joined R hnds, fwd R cont RF trn to fc ptr) end HANDSHAKE WALL;

13-17 SHADOW BRK w/ LADY’S HEAD LOOP [FC LOD] ; SYNC SHADOW WALK ;

FWD to FAN (M FC WALL) ; HOCKEY STICK ; ;

13 [Shadow Break w/Lady's Head Loop] Sd R trng LF looping R hnds over W’s head & release,-, sm bk L join lead hands to shadow pos, fwd R end SHADOW LOD;

SQ&Q

14 [Sync Shadow Walk] In shadow pos fwd L w/ rise, -., fwd R/L, R;

15 [Fwd to Fan] Fwd L w/ rise,-, fwd R svvl RF fc WALL, cl L to R changing to ld hnd hold (W fwd R w/rise., fwd L, fwd R trng LF);

16-17 [Hockey Stick] Sd R RLOD to FAN pos,-, fwd L, bk R (W cont LF trn bk L LOD to FAN pos,-, cl R to L, fwd L RLOD); cl L comm trn RF raise jnd ld hnds across IF to create window,-, cont trn bk R, fwd L DRW (W fwd R, -., fwd L DRW, fwd R trn LF undr jnd hnds to fc ptr) end LOD Fcg pos DRW;
PART A

1-4 LUNGE BREAK ; LEFT PASS ; NEW YORKER ; UNDERARM TURN ;
5-8 FWD BRK ; RIGHT PASS [FC WALL] ; OPEN BRK ; SLOW CUDDLE HIP RKS ;
9-12 1/2 OP BOLERO WALK ; OP IN & OUT RUNS ; SYNC the 2nd ONE ;
      SD LUNGE & ROLL RLOD ;
13-17 PREP AIDA ; AIDA LINE w/ HIP RKS ; FC for SPOT TURN ;
      HAND TO HAND [CLOSING UP for] ; HIP LIFT ;

PART B (MEAS 1-13)

1-4 TURNING BASIC ; ; TURNING BASIC w/ OPEN BRK ENDING ; ;
5-8 UNDERARM TURN w/ LARIAT 3 ; ; M TURN [BFLY COH] for FENCE LINE ;
      SYNC HIP RKS to HANDSHAKE ;
9-12 HALF MOON ; ; START HALF MOON ; RT HAND UNDERARM TURN ;
13 SHADOW BRK w/ LADY’S HEAD LOOP [FC LOD] ;

ENDING

1-3 FWD to FAN (M FC WALL) & SLOWLY DEVELOP the ARMS ; ;
      VERY SLOW TOG & TCH TRAIL HANDS ;
      1 {Fwd to Fan} Repeat meas 15 Part B ;
S-- 2 {Develop the Arms} Sd R RLOD (W cont LF trn bk L LOD) to FAN pos slowly develop trail arms
      over the full measure, -,-,- ;
S-- 3 {Tog} Rec L slowly shape twd ptr sweep trail arms over the full measure to tch trail hnds, -,-,- ;
4-7 [REC to FAN for] HOCKEY STICK ; ; [To RLOD] PREP AIDA ;
      AIDA LINE & SLOWLY DEVELOP the ARMS ;
      4-5 {Hockey Stick} Rec R to FAN pos, - , fwd L, bk R (W rec L to FAN pos, - , cl R to L, fwd L RLOD) ;
      cl L comm trn RF raise jnd ld hnds across IF to create window, - , cont trn sm bk R, fwd L DRW (W
      fwd R, - , W fwd L, fwd R trn LF undr jnd hnds to fc ptr) end LOP Feg pos WALL ;
6 {Prep Aida} Sd & fwd R w/ rise sweep ld arms up to slight LOP “V” shape,-,- , taking arms over
      thru l, trng LF sf R join trail hnds ;
S-- 7 {Aida Line} Cont trn LF sf & bk L to bk-to-bk “V” pos feg LOD slowly sweep ld arms up & bk as
      the music ends, -,-,- ;