

The Best of Me

(Lo Mejor de Mi)

Released: July 2010 @ ICBDA

Cue sheet version: 1.0

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Music:

Cristian Castro, *Lo Mejor de Mi*, "Lo Mejor de Mi" (Track #1)

Speed: Increase 6% (47-48 rpm) Download from Rhapsody

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;;
QQQQ 3 {Front Vine 4} XRIF of L (*W XLIF 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 RKS ; FC for FENCE LINE w/ ARMS ;

- SS 5 {Slow Hip Rks} Sd L 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 XLIF of R*) flexing R knee sweep trail arms up & over, bk L trng 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,-, XLIF 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 RKS ;

- 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 Rks} Blind 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 1/2 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

- sd & fwd R (*W fwd L w/ rise,-, fwd R btwn M's ft, fwd L*) end Left ½ OP "V" pos LOD;
- SQ&Q 11 **{In & Out Run Sync}** Fwd L w/ rise,-, fwd R btwn W's ft/fwd L, fwd R (*W fwd R comm RF trn,-, cont RF trn bk & sd L twd DLW/cont RF trn sd & fwd R, 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 LOP 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 LOP "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 swvlng 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 LOP 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 LOP 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 XLIF of R*) flexing R knee, bk L trng RF 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 swvl 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 LOP 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 Fcg 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 sd R join trail hnds;
 - S-- 7 {Aida Line} Cont trn LF sd & bk L to bk-to-bk "V" pos fcg LOD slowly sweep ld arms up & bk as the music ends,-,-,-;