

The Best Of Me

(Lo Mejor De Mi)



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Music: "Lo Mejor De Mi" Artist: Christian Castro
Album: Grandes Hits Track #15 3:54 Available through Amazon

Time & Tempo: Increase speed as comfort (Suggested speed: 49RPM at DanceMaster)

Footwork: Opposite, directions for man (lady as noted) [Note: Timing indicates weight changes only]

Rhythm & Phase: Bolero VI Basic Rhythm: SQQ except where noted

Sequence: **Intro A B A B End**

Released: March, 2025
Ver 2.2

Meas

INTRO

- 1-6 WAIT; FENCE LINE TO L & R;; SD & BK W DEVELOPE; W OUT TO FC TRANS; FWD BREAK:**
- 1 Wait 1 meas in SHADOW/WALL L-hnds jnd & extended sd M's R-hnd at W's bk blade W's R-hnd extended sd L-ft free for both;
- 2-3 **{Fence Line to L & R}** Sd L, -, XRIF flexing knee, rec L; Sd R, -, XLIF flexing knee, rec R;
- SS 4 **{Sd & Bk W Develope}** Sd L & slightly bk, -, bk R, - (W sd L & slightly bk, -, bk R lift L along R-leg, extend L fwd);
- SQ 5 **{W Out to Fc Trans}** Rec L, -, fwd R leading W trn LF & release hnds, fwd L joining lead hnds (W (SQ&Q) fwd L comm trng LF, -, cont trng LF bk R/cont trng LF fwd L to fc M, bk R) end LOP-FCG/WALL; (now opposite footwork)
- 6 **{Fwd Break}** Sd & fwd R, -, fwd L flexing knee, rec R;

PART A

- 1-8 LEFT PASS TO BFLY; CRISS-CROSS SWIVELS; LUNGE THRU & SYNC ROLL; UNDERARM TRN; OPENING OUT; W SPIRAL TO HORSE & CART; SYNC BOLERO WALKS; SLOW CROSS WALKS:**
- 1 **{Left Pass to BFLY}** LOP-FCG/WALL cl L leading W swivel RF, -, slip R bk under body comm trng LF, fwd L cont trng LF to fc COH joining both hnds (W fwd R swiveling RF sharply to fc almost WALL, -, sd & fwd L IF of M comm trng LF, fwd R cont trng LF to fc WALL) end BFLY/COH;
- 2 **{Criss-Cross Swivels}** Swiveling RF on L sd & fwd R, -, swiveling LF on R sd & fwd L, swiveling RF on L sd & fwd R;
- SQ&Q 3 **{Lunge Thru & Sync Roll}** Thru L flexing knee checking w/ sway to L, -, rec R comm rolling LF twd RLOD/sd & fwd L, cont rolling LF bk R to fc COH end LOP-FCG/COH;
- 4 **{Underarm Trn}** Sd L raising jnd lead hnds, -, leading W trn RF bk R slightly across body, rec L (W sd R, -, XLIF trng RF under jnd lead hnds, rec R cont trng RF to fc M) end LOP-FCG/COH;
- S-- 5 **{Opening Out}** Joining trail hnds cl R, -, flexing R-knee extend L sd & slightly bk rotating upper (SQQ) body RF, rise on R (W sd & fwd L comm trng RF, -, cont trng RF to fc RLOD bk R flexing knee, rec L) end L-Shape BFLY/COH (W fcg RLOD);
- S-- 6 **{W Spiral to Horse & Cart}** Cl L leading W spiral LF to momentary WRAP/COH, -, assuming (SQ&Q) SHADOW Pos flex L-knee extending R sd & rotate LF, - (W fwd R spiraling LF under jnd lead hnds to fc COH, -, sd & fwd L comm running LF around M/cont trng LF fwd R, cont trng LF fwd L to fc LOD) end SHADOW/LOD; (now same footwork)
- SQ&Q 7 **{Sync Bolero Walks}** Fwd R, -, fwd L/fwd R, fwd L;
- SS 8 **{Slow Cross Walks}** Swivel LF on L lifting R-knee & XRIF, -, swiveling RF on R lifting L-knee & XLIF, - end SHADOW/DLW;
- 9-17 SD LUNGE W STORK LINE; W ACROSS TO M LUNGE W SIT LINE; W FWD & SPIRAL TO CIRCULAR WALK; CIRCULAR ALEMANA; OPPOSITION BREAK; W SPIRAL M TRANS & WALK 2; SWITCH & WALK 2; W SPIRAL & SD CL; FWD BREAK:**
- S-- 9 **{Sd Lunge W Stork Line}** SHADOW/DLW R-ft free for both slightly trng LF to fc LOD lunge sd R flexing knee & rotate upper body LF, -, hold, - (W sd R, -, shaping to left lifting L along R-leg L-toe pointing down looking L, -);
- SS 10 **{W Across to M Lunge W Sit Line}** Rec L slightly trng LF leading W trn LF joining R-hnds, -, sd (S-Q) R flexing knee, - (W sd & fwd L comm trng LF to fc RLOD w/ R-ft ronde CCW, -, cont trng LF lift R-knee, bk R flexing knee) end FCG/DLC R-hnds jnd;
- QQ 11 **{W Fwd & Spiral to Circular Walk}** Rise on R, -, comm curving RF fwd L leading W spiral LF, (SQQ) cont curving LF fwd R (W fwd L, -, fwd R spiraling LF under jnd R-hnds, fwd L comm curving RF) end FCG/RLOD R-hnds jnd; (now opposite footwork)
- 12 **{Circular Alemana}** Fwd L cont curving RF, -, fwd R leading W trn RF cont curving RF, fwd L (W fwd R cont circling CW, -, fwd L trng RF under jnd R-hnds, fwd R cont circling CW) end Sd-by-SD/LOD (W fcg RLOD) R-shoulders adjacent R-hnds jnd;

PART A (continued)

- 13 **{Opposition Break}** Fwd R leading W trn RF, -, fwd L flexing knee, rec R (W fwd L trng RF to fc LOD, -, bk R flexing knee, rec L);
- QQ 14 **{W Spiral M Trans & Walk 2}** Hold leading W spiral LF, -, assuming SHADOW fwd L, fwd R (W (SQQ) fwd R spiraling LF, -, fwd L, fwd R) end SHADOW/LOD; (now same footwork)
- 15 **{Switch & Walk 2}** Fwd L swiveling RF to LEFT SHADOW/ROD, -, fwd R, fwd L) end LEFT SHADOW/ROD R-hnds jnd M's L-hnd around W's bk W's L-hnd extended sd;
- QQQQ 16 **{W Spiral & Sd Cl}** Trng RF to fc WALL sd R leading W spiral LF, cl L, joining lead hnds sd R, cl L (SQQ) (W fwd R spiraling LF under jnd R-hnds to fc COH, -, sd L, cl R) end LOP-FCG/WALL; (now opposite footwork)
- 17 **{Fwd Break}** Repeat Meas 6 of INTRO;

PART B

1-8 SYNC TRNG BASIC OVERTRN TO L-SHAPE; SEPARATION & CROSS BODY TO FC LOD; LUNGE BREAK; ALEMANA TRN TO FC WALL; RONDE BK BREAK TO HALF-OP; FWD MANUV PIVOT; RIGHT LUNGE & RK Trn 2; SD TO OPEN HINGE W FLICK;

- SQ&Q 1 **{Sync Trng Basic Over Trn to L-Shape}** CP/WALL sd L slightly trng RF, -, slip R under body trng strongly LF/fwd L cont trng LF, bk R cont trng LF to fc WALL (W sd R slightly trng RF, -, fwd L trng strongly LF/bk R cont trng LF, cl L) end L-Shape CP/WALL (W fcg LOD);
- 2 **{Separation & Cross Body to Fc LOD}** Sd L slightly pushing off W, -, slip R bk under body trng LF to fc LOD, fwd L (W shift weight to R, -, fwd L trng LF to fc RLOD, bk L) end LOP-FCG/LOD;
- S-- 3 **{Lunge Break}** Sd & fwd R slightly pushing off W, -, flexing R-knee extend L sd & bk, rise on R (SQQ) straightening knee (W sd & bk L, -, bk R under body flexing knee pointing L fwd, fwd L) end LOP-FCG/LOD;
- 4 **{Alemana Trn to Fc WALL}** Sd L trng RF to fc WALL raising jnd lead hnds, -, bk R raising jnd lead hnds, rec L (W fwd R comm trng RF, -, XIF cont trng RF under jnd lead hnds, fwd R cont trng RF to fc M) end LOP-FCG/WALL;
- 5 **{Ronde Bk Break to Half-OP}** Sd R releasing lead hnds & holding W's bk w/ R-hnd ronde L CCW, -, trng LF to fc LOD bk L, rec R end HALF-OP/LOD;
- 6 **{Fwd Manuv Pivot}** Fwd L, -, fwd R trng RF to RLOD in CP, bk L pivoting RF to fc LOD (W fwd R, -, fwd L, fwd R pivoting RF) end CP/LOD;
- 7 **{Right Lunge & Rk Trn 2}** Cont trng RF sd & fwd R twd WALL flexing knee, -, cont trng RF sd & bk L, cont trng RF sd & fwd R end CP/WALL;
- S-- 8 **{Sd to Open Hinge W Flick}** Sd L, -, slightly lower on L rotating upper body LF extending L-arm (SQ-) sd (W sd R placing R-hnd on M's L-shoulder, -, cont trng RF to fc RLOD bk L, flick R across IF of L-leg looking R extending L-arm sd);

9-17 W SYNC ROLL TO FC; OPEN BREAK; W INSIDE UNDERARM TRN TO NAT TOP; W RONDE M SYNC RKS TO TANDEM; CROSS & W SWIVELS M RKS; M TRN TO SAME FT LUNGE; REC W DEVELOPE TO SAME FT LUNGE LINE; W SYNC ROLL OUT; FWD BREAK;

- QQ 9 **{W Sync Roll to Fc}** HINGE LINE/WALL (W fcg RLOD) hold swiveling RF on L to fc RLOD leading (SQ&Q&) W roll RF, -, fwd R, fwd L (W fwd R, -, fwd L comm trng RF/fwd R cont trng RF to fc LOD, cl L/cl R) end LOP-FCG/RLOD;
- 10 **{Open Break}** Sd & fwd R, -, apt L, rec R;
- 11 **{Inside Underarm Trn to Nat Top}** Sd & fwd L leading W trn LF under jnd lead hnds, -. XRIB trng RF, sd L (W fwd R spiraling LF, -, sd L, XRIF) end CP/LOD;
- SQ&Q 12 **{W Ronde M Sync Rks to TANDEM}** Sd R rotating upper body RF leading W trn RF, -, (SQQ) releasing hnds rec L/sd R, rec L (W sd & fwd L to M's R-sd swiveling RF ronde R CW, -, cont trng RF to fc LOD XRIB, sd L) end TANDEM/LOD W bhnd M W's R-hnd at M's R-waist R-ft free for both; (now same footwork)
- 13 **{Cross & W Swivels M Rks}** XRIF, -, sd L, rec R (W XRIF swiveling RF placing L-hnd at M's L-waist, -, XLIF swiveling LF placing R-hnd at M's R-waist, XRIF)
- Q-S 14 **{M Trn to Same Ft Lunge}** Sd L trng LF to fc RLOD, tch R assuming L-Shape CP/RLOD, sd R flexing knee looking at W, - (W sd L, swiveling RF on L to fc WALL tch R, bk R looking well right);
- S&-- 15 **{Rec W Develope to Same Ft Lunge Line}** Rec L rising, -/cl R, flex R-knee extending to sd (W rec L lifting R-knee & extend fwd, -/cl R, flex R-knee extending L fwd) end Same Ft Lunge Line;
- SQQ 16 **{W Sync Roll Out}** Sd L leading W fwd & release hnds, -, trng LF to fc WALL fwd R, fwd L (W fwd (SQ&Q) L comm trng LF, -, cont trng LF bk R/cont trng LF fwd L to fc M, bk R) end LOP-FCG/WALL;
- 17 **{Fwd Break}** Repeat Meas 6 of INTRO;

*Note: At Meas 15 & 16 of the 2nd PART B music retards.

END

1-2 SD TO SYNC CUDDLE HIP RKS; SD TO OPEN HINGE W FLICK;

SQ&Q **{Sd to Sync Cuddle Hip Rks}** LOP-FCG/WALL sd & slightly bk L assuming CUDDLE Pos, -, rec R rotating hips CW/sd L rotating hips CCW, rec R rotating hips CW;
 S-- 2 **{Sd to Open Hinge W Flick}** Sd L, -, slightly lower on L rotating upper body extending L-arm sd
 (SQ-) (W sd R placing R-hnd on M's L-shoulder, -, cont trng RF to fc RLOD bk L, flick R across IF of L-leg looking L extending L-arm sd);