

“THE BEST YOU CAN “

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MUSIC: “The Best You Can” by Indigo Swing, Red Light Album, Time Bomb Label
[Contact Choreographer for Availability]

PHASE & RHYTHM: Phase IV + 2 JIVE [whip turn & sweethearts]

SEQUENCE: INTRO, A, B, C, C, B MOD, END

INTRO

OP FCing POS / WALL, 8 to 10 FT APT, LEAD FT FREE

1-4 WAIT;; JAZZ WKS TOG (2S & 4Q);;
1-2 [WAIT] Wait 2 ms OP FCing POS, Man fcng WALL, Lady fcng COH, 8 to 10 ft apt, lead ft free;;
3 1_3_;1234 [JAZZ WKS (2S & 4Q)] Swvl lf on R fwd L w/ hds to sd & palms fwd in Jazz hd Flourish, __, swvl rf on L fwd R w/ Jazz hd Flourish, __
(W swvl rf on L fwd R w/ hds to sd & palms fwd in Jazz hd Flourish, __, swvl lf on R fwd L w/ Jazz hd Flourish, __);
4 Cont Jazz hd Flourish swvl lf on R fwd L, swvl rf on L fwd R, swvl lf on R fwd L, swvl rf on L fwd R to loose CP / WALL
(W Cont Jazz hd Flourish swvl lf on L fwd R, swvl lf on R fwd L, swvl rf on L fwd R, swvl lf on R fwd L to loose CP fc COH);

PART A

1-4 CHASSE L & R; RK to PRETZEL TRN & KICK twice;; UNWRAP;
1 1&23&4 [CHASSE L & R] Sd L/sip R, sip L, sd R/sip L, sip R SCP / LOD (W sd R/sip L, sip R, sd L/sip R, sip L SCP / LOD);
2 123&4;1&234 [RK to PRETZEL TRN & KICK 2T] SCP / LOD rk bk L, rec R fc ptr, sd L/cl R, sd L tm rf BKTO BK lead hds low beh bk
(W SCP / LOD rk bk R, rec L fc ptr, sd R/cl L, sd R tm lf BKTO BK lead hds low beh bk);
3 BK TO BK sd R/cl L, sd R, kick L fwd DLC, kick L fwd DLC (W BK to BK sd L/cl R, sd L, kick R fwd DLW, kick R fwd DLW);
4 1&23&4 [UNWRAP] Sd L/cl R, sd L tm lf fc ptr, sip R/L, R fc ptr & WALL (W sd R/cl L, sd R tm rf fc ptr, sip L/R, L fc ptr & COH);

5-8 RK to AMER SPIN & RK;; to 4 PT STPS;;
5 123&4;1&234 [RK to AMER SPIN & RK] Rk apt L, rec R, sip L/R, L lead W rf spin (W rk apt R, rec L, sip R/L, R spin rf);
6 Sd R/cl L, sd R, rk bk L, rec R SCP / LOD (W sd L/cl R, sd L, rk bk R, rec L SCP / LOD);
7 _2_4;_2_4 [4 PT STPS] Pt L fwd, fwd L, pt R fwd, fwd R (W pt R fwd, fwd R, pt L fwd, fwd L);
8 Pt L fwd, fwd L, pt R fwd, fwd R fc ptr & WALL (W pt R fwd, fwd R, pt L fwd, fwd L fc ptr & COH);

9-12 CHASSE L & R; PRETZEL TRN & KICK twice;; UNWRAP;
9-12 REPEAT MS 1-4 PART A;;;

13-16 RK to AMER SPIN & RK;; to 2 PT STPS; THROWAWY & join RT HDS;
13-15 REPEAT MS 5-7 PART A;;;
16 1&23&4 [THROWAWY] SCP / LOD sip p1 L/R, L lead W fwd, sip R/L, R fc ptr & LOD (W SCP / LOD fwd R/L, R lf tm, sip L/R, L fc ptr & RLOD);

PART B

1-8 MIAMI SPECIAL(WALL);, DBL HIP BUMP;, LINK RK;, RK to JIVE WKS;, SWVL WK 4;
1 123&4;1&2 [MIAMI SPECIAL] Join rt hds rk apt L, rec R, sip L/R, L lead W lf underarm & tm rf to M's head loop fc RLOD
(W join rt hds rk apt R, rec L, sip R/L, R lf underarm tm & to M's head loop fc RLOD);
2 34;1_3_;1_3&4 Slide apt R/L, R fc ptr & WALL, (W slide apt L/R, L fc ptr & COH.) [DBL HIP BUMP] Lead hds joined rk apt L, rec R (W rk apt R, rec L);
3 Fwd L swvl rf, bump hips & pt R COH, rec R, fc ptr & pt L WALL (W fwd R swvl lf, bump hips & pt L WALL, rec L, fc ptr & pt R COH);
4 Fwd L swvl rf, bump hips & pt R COH, apt R/L, R fc ptr & WALL (W fwd R swvl lf, bump hips & pt L WALL, apt L/R, L fc ptr & COH);
5 123&4;1&2 [LINK RK] Rk apt L, rec R, sip L/R, L (W rk apt R, rec L, sip R/L, R);
6 34;1&23&4 Sip R/L, R SCP / LOD, (W sip L/R, L SCP / LOD.) [RK to JIVE WKS] Rk bk L, rec R (W rk bk R, rec L);
7 Fwd L/R, L, fwd R/L, R; (W fwd R/L, R, fwd L/R, L);
8 1234 [SWVL WK 4] SCP / LOD swvl sp fwd L, R, L, R (W SCP / LOD swvl sp fwd R, L, R, L);

9-16 THROWAWY; CHG L to R;, WHIP TRN;, CHG R to L;, CHICKEN WKS (2S & 4Q);;
9 1&23&4 [THROWAWY] SCP / LOD sip L/R, L lead W fwd, sip R/L, R fc ptr & LOD (W SCP / LOD fwd R/L, R lf tm, sip L/R, L fc ptr & RLOD);
10 123&4;1&2 [CHG L to R] Rk apt L, rec R, sip L/R, L tm rf & lead W lf underarm tm fc WALL (W rk apt R, rec L, fwd R/L, R lf underarm tm fc COH);
11 34;1&234;1&2 Sip R/L, R (W sip L/R, L.) [WHIP TRN] Rk apt L, rec R (W rk apt R, rec L);
12 Fwd L/R, L CP lf tm fc COH, xRib, sd L cont lf tm fc WALL (W fwd R/L, R lf tm fc WALL, sd L, xRib cont lf tm fc COH);
13 34;1&23&4 Sip R/L, R blend SCP / LOD (W sip L/R, L blend SCP / LOD.) [CHG R to L] Rk bk L, rec R (W rk bk R, rec L);
14 Sip L/R, L lf tm & lead W rf underarm tm fc LOD, sip R/L, R (W fwd R/L, R rf underarm tm fc RLOD, sip L/R, L);
15 1_3_;1234 [CHICKEN WKS (2S & 4Q)] Bk L lead W swvl fwd, __, bk R lead W swvl fwd, __ (W swvl rf on L fwd R, __, swvl lf on R fwd L, __);
16 Bk R, L, R, L leading W swvl fwd (W swvl rf fwd R, swvl lf fwd L, swvl rf fwd R, swvl lf fwd L);

17-18 CHICKEN WKS (2S & 4Q);;
17-18 REPEAT MS 15-16 PART B;;

“THE BEST YOU CAN” Cont.

PART C

1-4 start LINDY CATCH; INTERRUPT w/ 2 SWEETHEARTS;; fin LINDY CATCH;

- 1 123&4 [start LINDY CATCH] LOP /LOD rk apt L, rec R, fwd R/L, L to TANDEM in bk of ptr fc RLOD (W LOP fc RLOD rk apt R, rec L, fwd R/cl L, bk R TANDEM ptr in bk fc RLOD);
- 2 123&4;123&4 [2 SWEETHEARTS] Ck fwd R outsd ptr lt sd, rec L, sd R/cl L, sd R beh ptr (W ck bk L ptr outsd lt sd, rec R, sd L/cl R, sd L ptr in bk);
- 3 Ck fwd L outsd ptr rt sd, rec R, sd L/cl R, sd L beh ptr (W ck bk R ptr outsd rt sd, rec L, sd R/cl L, sd R ptr in bk);
- 4 123&4 [fin LINDY CATCH] Fwd R, fwd L around ptr lt sd to fc, sip R/L, R fc LOD (W bk L, bk R, sip L/R, L fc ptr & RLOD);

5-8 LINK RK;;; RK to STP KICK, fc KICKS & SD CHASSE;;;

- 5 123&4;1&2 [LINK RK] LOP /LOD rk apt L, rec R rf tm, sip L/R, L fc WALL (W LOP fc RLOD rk apt R, rec L, fwd R/L, R rf tm fc COH);
- 6 3&1_3;1_3&4 [RK to STP KICK, fc KICKS & CHASSE] Rk bk L, rec R (W rk bk R, rec L);
- 7 Stp L, kick R fwd LOD, stp R fc ptr, kick L fwd WALL outsd ptr (W stp R, kick L fwd LOD, stp L fc ptr, kick R fwd COH between ptr's legs);
- 8 Stp L, kick R fwd WALL between ptr's legs, sd R/cl L, sd R SCP /LOD (W stp R, kick L fwd COH outsd ptr, sd L/cl R, sd L SCP /LOD);

9-12 start RF TRNG FALLAWY & GLIDE to SD (2T);;;

- 9 123&4 [start RF TRNG FALLAWY] Rk bk L, rec R, tmg rf fwd L/cl R, fwd L fc COH (W rk bk R, rec L, tmg rf fwd R/cl L, fwd R fc WALL);
- 10 123&4 [GLIDE to SD] Sd R LOD, xLif, sd R/cl L, sd R SCP / RLOD (W sd L LOD, xRif, sd L/cl R, sd L SCP / RLOD);
- 11 123&4 [start RF TRNG FALLAWY] Rk bk L, rec R, tmg rf fwd L/cl R, fwd L fc WALL (W rk bk R, fwd L, tmg rf fwd R/cl L, sd R);
- 12 123&4 [GLIDE to SD] Sd R RLOD, xLif, sip R/L, R BFY /WALL (W sd L RLOD, xRif, sip L/R, L BFY fc COH);

13-16 RK to SAND STPS;; PROG RK 4; CHG R to L join LD HDS;

- 13 12_ ;1_4 [RK to SAND STPS] BFY /WALL rk apt L, rec R, tch L toe, tch L heel (W rk apt R, rec L, tch R toe, tch R heel);
- 14 XLif, tch R toe, tch R heel, xRif (W xRif, tch L toe, tch L heel, xLif);
- 15 1234 [PROG RK 4] BFY progressing LOD rk apt L, rec R, rk apt L, rec R (W BFY progressing LOD rk apt R, rec L, rk apt R, rec L);
- 16 1&23&4 [CHG R to L] Sip L/R, L tm lf lead W rf underarm tm, sip R/L, R fc ptr & LOD* (W fwd R/L, R rf underarm tm, sip L/R, L fc ptr & RLOD);
- *1st time join lead hds / 2nd time join rt hds*

PART C

1-4 start LINDY CATCH; INTERRUPT w/ 2 SWEETHEARTS;; fin LINDY CATCH;

5-8 LINK RK;;; RK to STP KICK, FC KICKS & SD CHASSE;;;

9-12 start RF TRNG FALLAWY & GLIDE to SD (2T);;;

13-16 RK to SAND STPS;; PROG RK 4; CHG R to L join RT HDS;

PART B MOD

1-8 MIAMI SPECIAL(WALL);;; DBL HIP BUMP;;; LINK RK;;; RK to JIVE WKS;;; SWVL WK 4;

9-16 THROWAWY; CHG L to R;;; WHIP TRN;;; CHG R to L;;; CHICKEN WKS (2S & 4Q);;

17-18 RK & CHG L to R & RK to;

- 17 123&4;1&234 [CHG L to R & RK] Rk apt L, rec R, sip L/R, L tm rf & lead W lf underarm tm fc WALL (W rk apt R, rec L, fwd R/L, R lf underarm tm fc COH);
- 18 Sip R/L, R, rk bk L, rec R SCP /LOD (W sip L/R, L, rk bk R, rec L SCP /LOD);

END

1-6 JIVE WKS; SWVL WK 4; THROWAWY; CHICKEN WKS (2S & 4Q);; RK to HIP BUMP PT;

- 1 1&23&4 [JIVE WKS] SCP /LOD fwd L/R, L, fwd R/L, R (W SCP /LOD fwd R/L, R, fwd L/R, L);
- 2 1234 [SWVL WK 4] SCP /LOD swvl sp fwd L, R, L, R (W SCP /LOD swvl sp fwd R, L, R, L);
- 3 1&23&4 [THROWAWY] SCP /LOD sip L/R, L lead W fwd, sip R/L, R fc ptr & LOD (W SCP /LOD fwd R/L, R lf tm, sip L/R, L fc ptr & RLOD);
- 4 1_3_ ;1234 [CHICKEN WKS (2S & 4Q)] Bk L lead W swvl fwd, __, bk R lead W swvl fwd, __ (W swvl rf on L fwd R, __, swvl lf on R fwd L, __);
- 5 Bk L, R, L, R leading W swvl fwd (W swvl rf fwd R, swvl lf fwd L, swvl rf fwd R, swvl lf fwd L);
- 6 123_ [RK to HIP BUMP PT] Rk apt L, rec R, fwd L swvl rf, bump hips pt R COH & pt rt arm up (W rk apt R, rec L, fwd R swvl lf, bump hips pt L WALL & pt lt arm up);