

# Best Of My Love

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Record: Special Pressing (Flip of "L-O-V-E") available from Palomino or choreographer

Footwork: Opposite, directions for man (lady as noted)

Suggested Speed: 44 RPM

Phase: Rumba IV+2 (Open Hip Twist & Adv Sliding Door)

Sequence: Intro A B C A B B(1-6) Tag

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## Meas.

## INTRO

### 1 - 4 WAIT- W REV UNDERARM TRN; SPOT TURN:

- 1-2 Wait 2 meas in LOP FCG Pos M fcg WALL lead hnds jnd;;
- 3 (W Rev Underarm Trn) Trng slightly RF on R fwd L across body raising jnd lead hnds to lead W trn LF, rec R trng slightly LF to fc ptr & WALL, sd L twd LOD.-(W fwd R across body trng LF under jnd lead hnds, cont trng LF on R rec L to fc M, sd R twd LOD, -);
- 4 (Spot Trn) Fwd R across body trng LF, cont trng LF on R rec L to fc ptr & WALL, sd R joining lead hnds end in LOP FCG Pos M fcg ptr & WALL, -;

## PART - A

### 1 - 4 OPEN HIP TWIST TO FAN;; OVERTRND ALEMANA TO SHADOW;;

- 1-2 (Open Hip Twist to Fan) Fwd L, rec R, cl L to R bracing L arm to lead W swivel RF,- (W bk R, rec L, fwd R twd M & swivel RF \_ on R to fc LOD,-); Bk R leading W fwd, rec L, sd R.-(W fwd L, fwd R & trn LF to fc RLOD, bk L,-) end in FAN Pos M fcg WALL (W fcg RLOD) M's L & W's R hnd jnd;
- 3-4 (Overtrn Alemana to Shadow) Fwd L, rec R, cl L to R raising jnd hnds above W's head,-; Bk R leading W trn RF under jnd lead hnds. rec L, trng LF to fc LOD sd & bk R twd RLOD, - (W XLIF & trn RF, fwd R & trn RF, fwd L & trn RF,-) assuming SHADOW Pos both fcg LOD L-hnds jnd M's R hnd at W's R shoulder blade W's R hnd extended sd;

### 5 - 8 BK BREAK; KIKI WALKS 6;; L-HND UNDERARM TURN TO L-HND STAR:

- 5 (Bk Break) SHADOW Pos both fcg LOD bk L twd RLOD, rec R, fwd L, -;
- 6-7 (Kiki Walks 6) Fwd R, fwd L, fwd R, -; Fwd L, fwd R, fwd L,-;
- 8 (L-Hnd Underarm Trn to L-Hnd Star) Fwd R raising jnd L-hnds to lead W trn RF under jnd L-hnds shape to ptr, rec L trng RF to fc WALL, trng slightly RF on L sd & fwd R twd DRW end in L-Hnd STAR Pos M fcg DRW (W fcg DLC) R-hnds extended sd, - (W fwd L trng RF under jnd L-hnds, rec R trng RF to fc ptr & COH, trng slightly RF sd & bk L,-);

### 9 - 12 OPEN SHOULDER TO SHOULDER;;; X HND UNDERARM TRN w/ HEAP LOOP:

- 9-11 (Open Shoulder to Shoulder) Fwd L, rec R to fc ptr, releasing L-hnds & joinin R-hnds sd & fwd L slightly trng LF end in R-Hnd STAR Pos M fcg DLW (W DRC).-; Fwd R, rec L to fc ptr, releasing R-hnds & joining L-hnds sd & fwd R slightly trng RF end in L-Hnd STAR Pos M fcg DRW (W fcg DLC).-; Fwd L, rec R to fc ptr, sd L joining R-hnds above head L-hnds jnd low end in OP FCG Pos M fcg ptr & WALL with X-hnd hold,-;
- 12 (X Hnd Underarm Trn w/ Head Loop) Bk R leading W trn RF under jnd R-hnds, rec L leading W trn RF under jnd L-hnds, sd & fwd R trng LF to fc LOD L-hnds above head & put on M's L should releasing R-hnds, -(W XLIF trng RF under jnd R-hnds, rec R trng RF under jnd L-hnds. sd & fwd L trng RF to fc LOD, -) end in HALF OP Pos both fcg LOD M's R-hnd at W's bk (W's L-hnd on M's L shoulder) free hnds extended sd;

### 13 - 16 BK BREAK; THRU TO AIDA: HIP RKS TO FC; SPOT TRN TO HND SHAKE:

- 13 (Bk Break) HALF OP Pos both fcg LOD bk L. rec R, fwd L, -;
- 14 (Thru to Aida) Thru R. trng RF on R to fc Ptr & WALL sd L joining lead hnds, cont trng RF on L sd & bk R end in AIDA Pos both fcg RLOD,-;
- 15 (Hip Rks to Fc) Rk L fwd. rk R bk, fwd L & swivel LF to fc ptr & WALL,-;
- 16 (Spot Trn to Hndshake) XRIF of L trng RF to fc RLOD, rec L cont trng RF to fc ptr & WALL, sd R joining R-hnds end in R-hndshake Pos M fcg ptr & WALL, -;

## PART - B

### **1 - 4 OPEN BREAK TO M'S SHADOW; BK WHEEL 6 TO FC WALL;; W ROLL TO SHADOW;**

- 1 (Open Break to M's Shadow) R-Handshake Pos M fcg ptr & WALL apt L, rec R, raising jnd R-hnds to lead W trn LF fwd L trng LF to fc LOD,- (W apt R, rec L, fwd R & spiral LF 3/4 to fc LOD under jnd R-hnds, -) end in M's SHADOW Pos both fcg LOD W to M's L sd & bk R-hnds jnd on M's R hip M's L-hnd extended sd W's L-hnd hold M's L wrist;
- 2-3 (Bk Wheel 6 to fc Wall) Rotating CW bk R, L, R, - (W fwd L, R, L,-) end both fcg COH; Cont rotating CW bk L, R, L, - (W fwd R, L, R, - end in M's SHADOW Pos both fcg WALL;
- 4 (W Roll to Shadow) XRIB releasing R-hnds, sd L twd LOD, fwd R, -(W fwd L comm trng RF, fwd R cont trng RF, fwd L completing full trnRF to fc WALL, -) end in SHADOW Pos both fcg WALL L-hnds jnd M's R-hnd on W's R shoulder blade W's R-hnd extended sd;

### **5 - 8 ADV SLIDING DOOR;; ADV SLIDING DOOR LEAD W SPIRAL L; HOCKEY STICK ENDING;**

- 5-6 (Adv Sliding Door) Trng RF on R fwd L leadng W bk, rec R, trng LF on R XLIB of R, -(W trng RF on L bk R, rec L, trng LF on L fwd R across body, -); Leading W sd flex L knee sliding R sd trng upper body LF, straighten L knee, fwd R trng RF, - (W sd L flexing L knee trng upper body LF, rec R, XLIB of R, -) end in SHADOW Pos both fcg WALL;
- 7 (Adv Sliding Door Lead W Spiral LF) Trng RF on R fwd L leadng W bk, rec R, trng LF on R XLIB of R leadng W Spiral LF & release L-hnds, - (W trng RF on L bk R, rec L, trng LF on L fwd R across body & spiral LF full trn to fc Wall, -) end momentary in TANDEM Pos both fcg WALL;
- 8 (Hockey Stick Ending) BkR, rec L, fwd R joining lead hnds, - (W fwd L, fwd R & trn LF \_ to fc M, bk L, -) end in LOP FCG Pos M fcg ptr & WALL;  
(2nd Time PART-B only end in R-handshake Pos M fcg ptr & WALL)

## PART - C

### **1 - 4 ALEMANA TO BFLY-SCAR;; FWD W DEVELOPE; BK VINE 3;**

- 1-2 (Alemana to Bfly-Scar) Fwd L, rec R, cl L to R raising jnd lead hnds, - (W bkR, rec L, fwd R twd M, -); Bk R leading W trn RF under jnd lead hnds, rec L, trng slightly RF sd & fwd R joining both hnds, -; (W XLIF & trn RF, fwd R & trn RF, fwd L & trn RF, -) end in BFLY-SCAR Pos M fcg DRW (W fcg DLC);
- SS 3 (Fwd W Develope) Fwd L outside ptr, -, shape to ptr extending R sd of body, -(W bk R, -, raise L knee & extend L fwd. -);
- 4 (Bk Vine 3) Bk R, trng slightly LF to fc ptr sd L, cont trng slightly LF fwd R outside ptr twd DLW (W fwd L, trng slightly LF to fc ptr, cont trng slightly LF bk L, -) end in BFLY-BJO Pos M fcg DLW (W fcg DRC);

### **5 - 8 HIP RK 3: FWD W DEVELOPE; BK REV UMDERARM TRN; SPOT TRN;;**

- 5 (Hip Rk 3) BFLY-SCAR Pos M fcg DLW rk L bk, rec R fwd, rL, bk.-;
- 6 (Fwd W Develope) Fwd R outside ptr.-.shape to ptr extending Lsd of body,-(W bk L,-. raise R knee extend R tod.-);
- 7 (Bk Rev Underarm Trn) Bk L leadng W trn LF under jnd lead hnds. rec R to fc ptr, sd L twd LOD (W fwd R outside ptr trng LF under jnd lead hnds, rec L cont trng LF to fc ptr. Sd R twd LOD,-;
- 8 (Spot Trn) XRIF of L trng RF to fc RLOD. rec L cont trng RF to fc WALL. Sd R joining lead hnds end In LOP FCG Pos M fcg ptr & WALL, -;

## TAG

### **7- 8 ADV SLIDING DOOR W SWIVEL LF TO PC;;**

- SS QQS 7-8 (Adv Sliding Door W Swivel LF to Fc) Trng RF on R fwd L leading W bk, rec R, trng LF on R XLIB of R, - (W trng RF on L bk R, rec L. trng LF on L fwd R across body.-); Leading W sd flex L knee sliding R sd trng upper body LF, -, lead W swivel RF under jnd L-hnds joining R-hnds, - (W sd L flexing knee trng upper body LF, -, swivel RF on L under jnd L-hnds to fc M, -) end in M's Lunge Line (W Sit Line) L-hnds held high R-hnds jnd low;