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E-mail: admin@linedancermagazine.com

The Best Thing

64 Count, 2 Wall, Intermediate
Choreographer: Nathan Gardiner & Hayley Wheatley (UK)
Jan 2015

Choreographed to: Up by Olly Murs feat. Demi Lovato

Intro:	16	counts	etart	Λn	vocale

S1: 1&2 3&4 5-6 7&8	MAMBO STEP, COASTER STEP, WALK, WALK, SHUFFLE FORWARD Rock forward on right, Recover on left, Step back on right Step back on left, Step right next to left, Step forward on left Walk forward on right, Walk forward on left Step forward on right, Step left next to right, Step forward on right
\$2: 1-2 3&4 5-6 7-8	ROCK FORWARD, RECOVER, COASTER STEP, STEP 1/4 LEFT, CROSS ROCK, RECOVER Rock forward on left, Recover on right Step back on left, Step right next to left, Step forward on left Step forward on right, Turn 1/4 left Cross rock right over left, Recover on left
\$3: &1-2 3&4 5&6 7-8	BALL CROSS, SIDE, BEHIND, SIDE, CROSS, KICK BALL CROSS, ROCK OUT, RECOVER Step ball of right next to left, Cross step left over right, Step right to right side Step left behind right, Step right to right side, Cross step left over right Kick right foot slightly to right diagonal, Step back in place, Cross step left over right Rock out to right side, Recover on left
S4: 1&2 3-4 5&6 7&8	BEHIND, SIDE, CROSS, ROCK OUT, RECOVER, SAILOR 1/4 LEFT, KICK BALL STEP Step right behind left, Step left to left side, Cross step right over left Rock out to left side, Recover on right Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side Kick right foot forward, Step back in place, Step forward on left
S5: 1-2 &3-4 5&6 7&8	ROCK FORWARD, RECOVER, BALL 1/4 LEFT, POINT RIGHT, CROSS SHUFFLE, SIDE, TOGETHER, BACK Rock forward on right, Recover on left Step ball of right next to left, Turn 1/4 left stepping left to left side, Point right toes out to right side Cross step right over left, Step left to left side, Cross step right over left Step left to left side, Step right to right side, Step back on left
S6: 1-2 3&4 5&6 7&8	ROCK BACK, RECOVER, SHUFFLE FORWARD, MAMBO FORWARD, MAMBO STEP BACK Rock back on right, Recover on left Step forward on right, Step left next to right, Step forward on right Rock forward on left, Recover on right, Step back on left Rock back on right, Recover on left, Step forward on right
\$7: 1-2 3-4 5-6 7&8	STEP 1/2 PIVOT RIGHT, 3/4 HINGE TURN RIGHT, POINT CROSS, SIDE, SAILOR STEP Step forward on left, Turn 1/2 right Turn 1/4 right stepping left to left side, Turn 1/2 right stepping forward on right Point left toes over right, Point left toes out to left side Step left behind right, Step right to right side, Step left to left side
\$8: 1&2 3-4 5&6 7-8	ROCK OUT CROSS, SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER Rock out to right side, Recover on left, Cross step right over left Rock out to left side, Recover on right Step left behind right, Step right to right side, Cross step left over right Rock out to right side, Recover on left
Tags:	At the end of walls 1, 2 & 3

Tag 1 & 3: At the end of wall 1 and 3, repeat the last 8 counts of the dance

Tag 2: At the end of wall 2. ROCKING CHAIR

1-4 Rock forward on right, Recover on left. Rock back on right, Recover on left