

Best Of My Love



Composers: Kenji & Nobuko Shibata, 820 Ryan Place #144, Pleasant Hill, CA 94523-5177
(510) 609 - 7801

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

Meas.

INTRO

1 - 4 WAIT:: W REV UNDERARM TRN: SPOT TRN:

- 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 1/4 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 TRN 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/ HEAD LOOP:

- 9-11 (Open Shoulder to Shoulder) Fwd L, rec R to fc ptr, releasing L-hnds & joing 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 & joing 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 joing 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 tm LF fwd L tmng 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 tmng RF, fwd R cont tmng RF, fwd L completing full tm RF 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 LF: HOCKEY STICK ENDING:

- 5-6 (Adv Sliding Door) Tmng RF on R fwd L leading W bk, rec R, tmng LF on R XLIB of R, - (W tmng RF on L bk R, rec L, tmng LF on L fwd R across body, -); Leading W sd flex L knee sliding R sd tmng upper body LF, straighten L knee, fwd R tmng RF, - (W sd L flexing L knee tmng upper body LF, rec R, XLIB of R, -) end in SHADOW Pos both fcg WALL;
- 7 (Adv Sliding Door Lead W Spiral LF) Tmng RF on R fwd L leading W bk, rec R, tmng LF on R XLIB of R leading W Spiral LF & release L-hnds, - (W tmng RF on L bk R, rec L, tmng LF on L fwd R across body & spiral LF full tm to fc Wall, -) end momentary in TANDEM Pos both fcg WALL;
- 8 (Hockey Stick Ending) Bk R, rec L, fwd R joining lead hnds, - (W fwd L, fwd R & tm LF 1/2 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 bk R, rec L, fwd R twd M, -); Bk R leading W tm RF under jnd lead hnds, rec L, tmng slightly RF sd & fwd R joining both hnds, - (W XLIF & tm RF, fwd R & tm RF, fwd L & tm RF, -) end in BFLY-SCAR Pos M fcg DRW (W fcg DLC);

- SS 3 (Fwd W Develop) 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, tmng slightly LF to fc ptr sd L, cot tmng slightly LF fwd R out side ptr twd DLW (W fwd L, tmng slightly LF to fc ptr sd R, cot tmng 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 UNDERARM TRN: SPOT TRN:

- 5 (Hip Rk 3) BFLY-SCAR Pos M fcg DLW rk L bk, rec R fwd, rk L bk, -;
- SS 6 (Fwd W Develop) Fwd R outside ptr, -, shape to ptr extending L sd of body, - (W bk L, -, raise R knee & extend R fwd, -);
- 7 (Bk Rev Underarm Trn) Bk L leading W tm LF under jnd lead hnds, rec R to fc ptr, sd L twd LOD (W fwd R outside ptr tmng LF under jnd lead hnds, rec L cot tmng LF to fc ptr, sd R twd LOD, -);
- 8 (Spot Trn) XRIF of L tmng RF to fc RLOD, rec L cont tmng 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 FC::**

- QQS 7-8 (Adv Sliding Door W Swivel LF to Fc) Tmng RF on R fwd L leading W bk, rec R, tmng LF on R XLIB of R, - (W tmng RF on L bk R, rec L, tmng LF on L fwd R across body, -); Leading W sd flex L knee sliding R sd tmng upper body LF, -, lead W swivel RF under jnd L-hnds joining R-hnds, - (W sd L flexing knee tmng 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;