

“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 + 1 JIVE [whip turn & sweethearts + glide to side]

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 rf 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 trn rf BK TO BK lead hds low beh bk (W SCP / LOD rk bk R, rec L fc ptr, sd R/cl L, sd R trn lf BK TO 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 trn lf fc ptr, sip R/L, R fc ptr & WALL (W sd R/cl R, sd R trn 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 pl L/R, L lead W fwd, sip R/L, R fc ptr & LOD (W SCP / LOD fwd R/L, R lf trn, 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 & trn rf to M's head loop fc RLOD (W join rt hds rk apt R, rec L, sip R/L, R lf underarm trn & 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 stp fwd R, L, R, L (W SCP / LOD swvl stp 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 trn, 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 trn rf & lead W lf underarm trn fc WALL (W rk apt R, rec L, fwd R/L, R lf underarm trn 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 trn fc COH, xRib, sd L cont lf trn fc WALL (W fwd R/L, R lf trn fc WALL, sd L, xRib cont lf trn 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 trn & lead W rf underarm trn fc LOD, sip R/L, R (W fwd R/L, R rf underarm trn 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 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);

“THE BEST YOU CAN “ Cont.

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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 L/R, 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, Lfc 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 trn, sip L/R, L fc WALL (W LOP fc RLOD rk apt R, rec L, fwd R/L, R rf trn fc COH);
- 6 34;1_3_;1_3&4 Sd R/cl L, sd R SCP / LOD, (W sd L/cl R, sd L SCP / LOD,) [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, trng rf fwd L/cl R, fwd L fc COH (W rk bk R, rec L, trng 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, trng rf fwd L/cl R, fwd L fc WALL (W rk bk R, fwd L, trng 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 trn lf lead W rf underarm trn, sip R/L, R fc ptr & LOD * (W fwd R/L, R rf underarm trn, 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 trn rf & lead W lf underarm trn fc WALL (W rk apt R, rec L, fwd R/L, R lf underarm trn 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 stp fwd L, R, L, R (W SCP / LOD swvl stp 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 trn, 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);