The Best Thing

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Nathan Gardiner (SCO) & Hayley Wheatley (UK) - January 2015
Music: Up (feat. Demi Lovato) - Olly Murs

Intro: 16 counts start on vocals

S1: MAMBO STEP, COASTER STEP, WALK, WALK, SHUFFLE FORWARD

1&2	Rock forward on right, Recover on left, Step back on right
3&4	Step back on left, Step right next to left, Step forward on left
5-6	Walk forward on right, Walk forward on left
7&8	Step forward on right, Step left next to right, Step forward on right

S2: ROCK FORWARD, RECOVER, COASTER STEP, STEP 1/4 LEFT, CROSS ROCK, RECOVER

1-2	Rock forward on left, Recover on right
3&4	Step back on left, Step right next to left, Step forward on left
5-6	Step forward on right, Turn 1/4 left
7-8	Cross rock right over left, Recover on left

S3: BALL CROSS, SIDE, BEHIND, SIDE, CROSS, KICK BALL CROSS, ROCK OUT, RECOVER

&1-2	Step ball of right next to left, Cross step left over right, Step right to right side
3&4	Step left behind right, Step right to right side, Cross step left over right
5&6	Kick right foot slightly to right diagonal, Step back in place, Cross step left over right
7-8	Rock out to right side, Recover on left

S4: BEHIND, SIDE, CROSS, ROCK OUT, RECOVER, SAILOR 1/4 LEFT, KICK BALL STEP

1&2	Step right behind left, Step left to left side, Cross step right over left
3-4	Rock out to left side, Recover on right
5&6	Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side
7&8	Kick right foot forward, Step back in place, Step forward on left

S5: ROCK FORWARD, RECOVER, BALL 1/4 LEFT, POINT RIGHT, CROSS SHUFFLE, SIDE, TOGETHER, BACK

1-2	Rock forward on right, Recover on left
&3-4	Step ball of right next to left, Turn 1/4 left stepping left to left side, Point right toes out to right side
5&6	Cross step right over left, Step left to left side, Cross step right over left
7&8	Step left to left side, Step right to right side, Step back on left

S6: ROCK BACK, RECOVER, SHUFFLE FORWARD, MAMBO FORWARD, MAMBO STEP BACK

1-2	Rock back on right, Recover on left
3&4	Step forward on right, Step left next to right, Step forward on right
5&6	Rock forward on left, Recover on right, Step back on left
7&8	Rock back on right, Recover on left, Step forward on right

S7: STEP 1/2 PIVOT RIGHT, 3/4 HINGE TURN RIGHT, POINT CROSS, SIDE, SAILOR STEP

1-2	Step forward on left, Turn 1/2 right
3-4	Turn 1/4 right stepping left to left side, Turn 1/2 right stepping forward on right
5-6	Point left toes over right, Point left toes out to left side
7&8	Step left behind right, Step right to right side, Step left to left side

S8: ROCK OUT CROSS, SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER

1&2	Rock out to right side, Recover on left, Cross step right over left

3-4	Rock out to left side, Recover on right
5&6	Step left behind right, Step right to right side, Cross step left over right
7-8	Rock out to right side, Recover on left

Tags: At the end of walls 1, 2 & 3
Tag 1: At the end of wall 1 repeat the last 8 counts of the dance

Tag 2: At the end of wall 2
ROCKING CHAIR

1-2	Rock forward on right, Recover on left
3-4	Rock back on right, Recover on left

Tag 3: At the end of wall 3 repeat the last 8 counts of the dance

Start Again.....Happy Dancing
