

# Lo Mejor

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Gregory Danvoie (BEL) & Mike Liadouze (FR) - May 2023  
音乐: SIMPLY THE BEST - Black Eyed Peas, Anitta & El Alfa



## Introduction : 16 counts

### [1-8] WALK FWD x2, MAMBO FWD, ½ L WALK FWD x2, MAMBO ¼ L

- 1-2      Step RF forward, Step LF forward
- 3&4      Rock RF forward, Recover on LF back, ¼ turn L... Step RF back (9:00)
- 5-6      ¼ turn L... Step LF forward, Step RF forward (6:00)
- 7&8      Rock LF forward, Recover on RF back, ¼ turn L... Step LF side (3:00)

### [9-16] CROSS, HOLD, SIDE, CROSS SHUFFLE, SIDE ROCK, BALL STEP ¼ R, STEP FWD

- 1-2      Cross RF over LF, HOLD
- &3&4      Step LF side, Cross RF over LF, Step LF side, Cross RF over LF
- 5-6      Rock LF side, Recover on RF side
- &7-8      Step LF together, ¼ turn R... Step RF forward, Step LF forward (6:00)

### [17-24] STEP FWD, PONY STEP FWD, CROSS ROCK, SWEEP ¼ L, SAILOR CROSS

- 1-2      Step RF forward, Step LF together hitching R knee
- &3-4      Step RF forward, Step LF together hitching R knee, Step RF forward
- 5-6      Cross rock LF over RF, Recover on RF back sweeping LF back
- 7&8      ¼ turn L... Step LF behind LF, Step RF side, Cross LF over RF (3:00)

### [25-32] MAMBO SIDE x2, SYNCHOPATED ROCKING CHAIR ¼ L, STEP ½ L w/ FLICK

- 1&2      Rock RF side, Recover on LF side, Step RF together
- 3&4      Rock LF side, Recover on RF side, Step LF together
- 5&6&      ⅙ turn L... Rock RF forward, Recover on LF back, ⅙ turn L... Rock RF back, Recover on LF forward (12:00)
- 7-8      Step RF forward, ½ turn L... Step LF forward flicking RF back (6:00)

### [33-40] (WALK FWD x2, SHUFFLE FWD) x2 IN A CIRCLE ¾ L

- 1-2      ⅙ turn L... Step RF forward, ⅙ turn L... Step LF forward (3:00)
- 3&4      ⅙ turn L... Step RF forward, Step LF together, ⅙ turn L... Step RF forward (12:00)
- 5-6      ⅙ turn L... Step LF forward, ⅙ turn L... Step RF forward (9:00)
- 7&8      Step LF forward, Step RF together, Step LF forward

### [41-48] (CROSS, POINT SIDE, CROSS SAMBA TOGETHER ⅙ L) x2

- 1-2      Cross RF over LF, Touch L toe side
- 3&4      ⅙ turn L... Cross LF over RF, Step RF side, Step LF together (7:30)
- 5-6      Cross RF over LF, Touch L toe side
- 7&8      ⅙ turn L... Cross LF over RF, Step RF side, Step LF together (6:00)

### [49-56] PRESS FWD, HOLD, MAMBO w/ HIP ROLL, BATUCADAS x2, POINT FWD, HOLD

- 1-2      Press R ball forward, HOLD
- 3&4      Rock RF forward rolling R hip clockwise, Recover on LF back, Step RF back
- 5&6&      Press L ball forward rolling L hip counter clockwise, Step LF back, Press R ball forward rolling R hip clockwise, Step RF back
- 7-8      Touch L toe forward, HOLD

Easy option : replace BATUCADAS by TOUCH FORWARD

### [57-64] POINT FWD, POINT SIDE, SAILOR STEP, CROSS ROCK, SWEEP ¼ R ROCK BACK w/ KICK

1-2	Touch L toe forward, Touch L toe side
3&4	Cross LF behind RF, Step RF side, Step LF side
5-6	Cross rock RF over LF, Recover on LF back sweeping RF back
7-8	¼ turn R... Rock RF back kicking LF forward, Recover on LF forward (9:00)

**Ending: On 8th wall after 30 counts make STEP ¼ TURN L FLICK instead of ½ TURN ! Have FUN !!!** □

**Last Update: 31/05/2023**

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