

MAKES ME WANNA DANCE

Swing Kings

Type : ABCD all parts are 32 counts, 1 wall, Novelty (Part A, B & C = Samba, part D = Funky)

Sequence : A-B-A-B-C-A-B-D-B-B Level : Advanced Music : "Best Years of Our Lives" by Baha Men (BPM 119)

Part A

4X MAMBO ROCKS, ¼ TURN L WITH A FLICK BACKWARDS

1 RF Rock forward
& LF Recover
2 RF Close next to LF
3 LF Rock back
& RF Recover
4 LF Close next to RF
5 RF rock to right side
& LF Recover
6 RF Close next to LF
7 LF rock to left side
& RF Recover
8 LF Close next to LF and turn ¼ left with a right flick backwards
(9.00)

STEP, ¾ TURN L WITH SWEEP, CROSS BEHIND, STEP, HEEL, STEP, CROSS OVER, STEP, HEEL, STEP, CROSS OVER, STEP, HEEL WITH BODY POP

1 RF Step forward
2 RF ¾ turn left, sweep LF from front to back (12.00)
3 LF Cross behind RF
& RF Step to right side
4 LF Heel diagonally left forward
& LF Close next to RF
5 RF Cross over LF
& LF Step to left side
6 RF Heel diagonally right forward
& RF Close next to LF
7 LF Cross over RF
& RF Step to right side
8 LF Heel diagonally left forward and pop chest forward

4X MAMBO ROCKS, ¼ TURN R WITH A FLICK BACKWARDS

1 LF Rock forward
& RF Recover
2 LF Close next to LF
3 RF Rock back
& LF Recover
4 RF Close next to RF
5 LF rock to left side
& RF Recover
6 LF Close next to LF
7 RF rock to right side
& LF Recover
8 RF Close next to LF and turn ¼ right with a left flick backwards
(3.00)

STEP, ¾ TURN R WITH SWEEP, CROSS BEHIND, STEP, HEEL, STEP, CROSS OVER, STEP, HEEL, STEP, CROSS OVER, STEP, HEEL WITH BODY POP

1 LF Step forward
2 LF ¾ turn right, sweep RF from front to back (12.00)
3 RF Cross behind LF
& LF Step to left side
4 RF Heel diagonally right forward
& RF Close next to LF
5 LF Cross over RF
& RF Step to left side
6 LF Heel diagonally left forward
& LF Close next to RF
7 RF Cross over LF
& LF Step to left side

8 RF Heel diagonally right forward and pop chest forward

Part B

VAULTER STEP 4X MAKING A FULL TURN R, STEP, ROCK STEP, STEP, ROCK STEP

& RF Close next to LF
1 LF ¼ turn left, step forward
& RF ¼ turn left, step to right side
2 LF Cross over RF
& RF ¼ turn left, step to right side
3 LF Cross over RF
& RF ¼ turn left, step to right side
4 LF Cross over RF
5 RF Step to right side
& LF Rock behind RF
6 RF Recover
7 LF Step to left side
& RF Rock behind LF
8 LF Recover

VAULTER STEP 4X MAKING A FULL TURN L, STEP, ROCK STEP, STEP, ROCK STEP

1 RF ¼ turn left, step forward
& LF ¼ turn left, step to right side
2 RF Cross over RF
& LF ¼ turn left, step to right side
3 RF Cross over RF
& LF ¼ turn left, step to right side
4 RF Cross over RF
5 LF Step to right side
& RF Rock behind RF
6 LF Recover
7 RF Step to left side
& LF Rock behind LF
8 RF Recover

1/8 TURN L, STEP 3X, SAMBA TWIST, STEP 2X, LOCK, HOLD, ½ TURN L, HOLD

1 LF 1/8 turn left, step forward (10.30)
2 RF Step forward
3 LF Step forward
& RF Close next to LF and swivel the heels to the right (samba twist)
4 LF Step forward
& RF Step forward
5 LF lock behind RF
6 Hold
7 ½ turn left (weights ends on RF) (4.30)
8 Hold

STEP 3X, SAMBA TWIST, STEP 2X, 1 3/8 TURN L, TOUCH, HOLD

1 RF Step forward
2 LF Step forward
3 RF Step forward
& LF Close next to RF and swivel the heels to the left (samba twist)
4 RF Step forward
5 LF Step forward
6 LF 1 3/8 turn left (12.00)
7 RF Touch to right side
8 Hold

Part C

DRAG RF TO LF WITH SAMBA ROLL ARMS, ¼ TURN L SAMBA ROLL, STEP, TOUCH

1-4 RV Drag towards LF and make a samba roll with the arms
5 LF ¼ turn left, step forward
6 RF ¼ turn left, step to right side
& LF ¼ turn left, cross over RF (3.00)
7 RF Step back
8 LF Touch next to RF

¼ TURN L SAMBA ROLL, STEP 2X, CROSS, STEP, TOUCH, STEP

1 LF ¼ turn left, step forward
2 RF ¼ turn left, step to right side
& LF ¼ turn left, cross over RF (6.00)
3 RF Step back
4 LF Step next to RF
5 RV Cross over LF
& LV Step slightly to left
6 RV touch forward
& RV Step next to LF
7 LV ¼ turn left, cross over RF
& RF ¼ turn left, step back (12.00)
8 LF Touch forward

BACHACADA'S WITH ¼ TURNS

& LF Step next to RF
1 RF Touch forward
& RF Step slightly back
2 LF Touch forward
& LF Step slightly back
3 RF Touch forward
& RF Step slightly back
4 LF Touch forward
& LF ¼ turn left, step next to RF (9.00)
5 RF Touch forward
& RF Step slightly back
6 LF Touch forward
& LF Step slightly back
7 RF Touch forward
& RF Step slightly back
8 LF Touch forward
& LF ¼ turn left, step next to RF (6.00)

BACHACADA'S, KICKBALLSTEP, ½ TURN L AND HITCH, TOUCH

1 RF Touch forward
& RF Step slightly back
2 LF Touch forward
& LF Step slightly back
3 RF Touch forward
& RF Step slightly back
4 LF Touch forward
& LF Step next to RF
5 RF Kick forward
& RF Step on the ball of the foot next to LF
6 LF Step forward
7 RF ½ turn left, RF hitch (12.00)
8 RF Touch to right side

Part D

STEP WITH ARM MOVEMENTS 2X, PUSH HIP BACK AND ROLLING HANDS, PUSH HIP FORWARD, LASSO MOVE, HITCH, RECOVER, FULL TURN R

1 RF Step diagonal right forward (angle your body to 1.30)
Arms are hooked on shoulder high and hands are up
& lower hands
2 LF Step diagonal left forward (angle your body to 10.30)
Arms are hooked on shoulder high and hands are up
& lower hands

3 Push your butt (7.30) diagonally left back and roll your hands over each other
4 Push hips diagonally right forward and arms are wide to the side

5 & Make a round movement with your hip from L to R and make a lasso movement with your R hand (2x)

6 LF Hitch L knee and sweep R fist to L knee

7 LF Recover weight on LF

8 Make a full turn right and raise R knee up

STEP, CROSS, STEP 2X, STEP, CROSS , TURN FULL TURN R WITH BODYROLLS

1 RF Step back

& LF Cross over RF

2 RF Step back

3 LF Step back

& RF Cross over LF

4 LF Step back

& RF Step slightly diagonally right back

5 LF Cross over RF and start turning a full turn right

6-8 While making the turn make small body rolls on 6-7-8 and finish full turn right (weight ends on LF)

HITCH, FIST MOVEMENT, STEP, ARM MOVEMENTS, BEND TO R, LOOK L

1 RF Hitch R knee, hit with R fist on R knee

& Hit with R fist on R knee

2 RF Step to right side, R arm diagonally low to side and L arm diagonally up to side (both arms are stretched)

3 Roll R arm (lasso move)

& Roll R arm (lasso move)

4 L arm Stretch forward and grab with your R hand L elbow (R elbow on same level as R shoulder)

5 Arms are stretched diagonally up to side

6 Arms are crossed in front of body (hip height) left over right

7 RF Bend RF and Arms stretched to side, hand palm is faced down

8 Arms are hooked up and hand palm faced inside (look to L hand)

RECOVER, ARM MOVEMENTS, BODYROLL, STEP, STEP, HITCH 2X WITH ARMS, HOP A FULL TURN L

1 LF Weight back on LF and arms in a roll movement hooked in front of body (X form)

& Arms in a roll movement to the side and hands to the outside (Y form)

2 RF Touch next to LF and bring the arms down next to your body with body roll

3 RF Step forward

4 LF Step to left side

& RF hitch R knee and make a pull movement with both arms from diagonally up to the chest

5 RF Recover on right and arms stretch up again

& LF hitch L knee and make a pull movement with both arms from diagonally up to the chest

6 LF Recover on left

7 & RF Hop with left leg up and turn ¼ turn left

8 ¼ turn left and jump with both feet out to the sides