

THE BEST OF LIFE

CHOREO: RANDY & ROSE WULF **RELEASED:** June 2014
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MUSIC: Il Meglio Della Vita **ARTIST:** Gianfranco Perroni
SOURCE: Casa Musica **TIME:** 3:14 as downloaded
RHYTHM/PHASE: Waltz, phase III
FOOTWORK: Opposite unless indicated (W's footwork in parentheses)
SEQUENCE: **INTRO A B A B A END**

MEAS

INTRODUCTION

1-6

WAIT; STP TOG, TCH HOLD; DIP BK & HOLD;

REC TCH TO CP DLW, HOLD; HOVER; PICKUP, SD CLS;

- 1-2 LOP fcg ptr DLW trailing ft free WAIT; Fwd R, tch L to CP DLW, -(fwd L, tch R, -);
3-4 Bk L onto flexed knee, -, -; Rec to R, tch L to R, -;
5-6 Fwd L, fwd sd R rising to ball of ft, sd and fwd L to tight SCP; Fwd R trng LF, sm sd L to CP LOD, cl R (fwd L trng LF, strong sd R to CP LOD, cl L);

PART A

1-4

FWD WZ; MANUV; BK, BK/LK, BK; IMP TO SEMI;

- 1-2 Fwd L, fwd and slightly sd R, cl L to R; Fwd R comm RF upper bdy trn, cont RF trn to fc ptr sd L, cl R to CP RLOD(fwd L comm slight RF upper bdy trn, cont RF trn to fc ptr sd R, cl L);
3-4 Bk L trng to BJO (fwd R btwn m's feet), bk R/lk L in frnt of R, bk R; Comm RF upper bdy trn bk L, cl R [heel turn] cont RF trn, comp trn fwd L to tight SCP (comm RF upper bdy trn fwd on R outsd M's feet to toe pvtg 1/2 RF, sd and fwd L cont RF trn arnd M brush R to L, comp trn fwd R);

5-8

**THRU HVR TO BJO; BK HVR TO SEMI; THRU CHASSE TO SCP;
HOVER FALLAWAY;**

- 5-6 Thru and fwd R, fwd L w/rise trng slightly RF to BJO, rec bk R (thru and fwd L, fwd R comm LF trn to BJO brushing L to R, rec fwd L); Bk L, sd and bk R w/slight rise, rec fwd L to tight SCP (fwd R, comm LF trn fwd L, rec fwd R);
7-8 Thru R comm trn to fc ptr, sd L/cl R, sd L to SCP; Fwd R, fwd L rising to ball of ft and ckg, rec on R;

9-12

SLIP PIVOT; MANUV; SPIN TURN; BOX FINISH;

- 9-10 Bk L, bk R comm LF trn [keeping L leg xtndd], fwd L to BJO (Bk R comm LF trn pvt on ball of ft [thighs lkd L leg xtndd], fwd L comp LF trn plcg L ft near M's R ft, bk R); Repeat Meas 2, Part A;
11-12 Comm RF upper bdy trn bk L pvtg 1/2 RF to fc LOD, fwd R btwn W's feet heel to toe cont trn leaving L leg xtndd bk and sd, comp trn rec sd and bk L fc DLW(Comm RF upper bdy trn fwd R btwn M's feet heel to toe pvtg 1/2 RF, bk L toe cont trn brush R to L, comp sd and fwd R); Bk R comm LF trn to fc LOD, sd L, cl R;

**13-16 TURN LFT & RT CHASSE; BK, BK/LK, BK; IMP TO SCP;
THRU FC CL TO CP DLW;**

- 13-14 Fwd L comm LF upper bdy trn, sd R cont trn/cl L, sd R comp trn to BJO; Repeat Meas 3, Part A;
15-16 Repeat Meas 4, Part A; Thru R to fc ptr, sd L to CP DLW, cl R;

PART B

1-4 WHISK; MANUV; OVER SPIN TURN; BK & CHASSE TO SCP;

- 1-2 Fwd L, fwd and sd R comm rise to ball of ft, X L in bk of R cont to full rise on ball of ft ending in tight SCP; Repeat Meas 2, Part A;
3-4 Comm RF upper bdy trn bk L pvtg 1/2 RF to fc LOD, fwd R btwn W's feet heel to toe cont trn leaving L leg xtndd bk and sd, comp trn rec sd and bk L fc DRW(Comm RF upper bdy trn fwd R btwn M's feet heel to toe pvtg 1/2 RF, bk L toe cont trn brush R to L, comp sd and fwd R); Bk R, sd L/cl R, sd L to SCP LOD;

5-8 THRU CHASSE TO BJO; MANUV; IMP TO SCP; PKUP TO SCAR DLW;

- 5-6 Thru R comm trn to fc ptr, sd L/cl R, sd L to BJO DLW; Repeat Meas 2, Part A;
7-8 Repeat Meas 4, Part A; Fwd R, draw L twd R, tch L to R trng upper part of bdy LF w/ L sd stretch to tight SCAR DLW (Fwd L beginning to X in frnt of M comm trng slightly LF, fwd R arnd M cont to trn slightly LF, fwd L arnd M comp slightly LF trn to end in a tight SCAR);

9-12 CROSS HOVER, 3X TO BJO;;; FWD, FWD/LK, FWD;

- 9-10 Fwd L w/slight Xg action comm to rise and beginning 1/4 LF trn, sd and slightly fwd R contg to rise and compg 1/4 LF trn, DIAG fwd to BJO DLC lowering at end of stp (bk R w/slight Xg action comm to rise in bdy and beginning 1/4 LF trn, sd and slightly bk L cont to rise and compg 1/4 LF trn, DIAG bk to BJO lowering at end of stp); Repeat meas 9, part B, to SCAR;
11-12 Repeat meas 9, part B to BJO DLC; fwd R, fwd Lt/lk R in bk of L, fwd L;

13-16 MANUV; 2 RT TRNS TO LOD;; SD DRAW CLS;

- 13-14 Repeat meas 2, Part A; Bk L comm 1/4 RF trn, cont trn sd R twd LOD, cl L;
15-16 Fwd R comm up to 1/4 RF trn, cont trn sd L, cl R fc LOD; Sd L, draw R to L, cl R;

REPEAT PART A

REPEAT PART B

REPEAT PART A

ENDING

1-4 HOVER; MANUV; OVER SPIN TURN; BK & SD CORTE';

- 1-2 Repeat meas 5, Intro; Repeat Meas 2, Part A;
3-4 Repeat Meas 3, Part B; Bk R, stp bk and sd L using lowering action w/supporting leg relaxed;

QUICK CUES

INTRO. . .OPN FCG DLW, TRLG FT FREE

WAIT; STP TOG TCH, CP; DIP BK, HOLD; REC TCH, CP; HOVER; PKUP;

PART A

**FWD WLZ; MANUV; BK, BK/LK BK; OPN IMP;
THRU HOVER BJO; BK HOVER SEMI; THRU CHASSE SEMI;
HOVER FALLAWAY; SLIP PIVOT; MANUV; SPIN TURN;
BOX FIN; TRN LFT & RT CHASSE; BK, BK/LK BK; OPN IMP;
THRU FC CP;**

PART B

**WHISK; MANUV; SPIN OVERTRN; BK & CHASSE SEMI;
THRU CHASSE TO BJO; MANUV; OPN IMP; WING;
CROSS HOVER, 3X TO BJO;;; FWD, FWD/LK FWD;
MANUV; 2 QRTR RT TRNS TO LOD;; SD DRAW CLS;**

PART A

**FWD WLZ; MANUV; BK, BK/LK BK; OPN IMP;
THRU HOVER BJO; BK HOVER SEMI; THRU CHASSE SEMI;
HOVER FALLAWAY; SLIP PIVOT; MANUV; SPIN TURN;
BOX FIN; TRN LFT & RT CHASSE; BK, BK/LK BK; OPN IMP;
THRU FC CP;**

PART B

**WHISK; MANUV; SPIN OVERTRN; BK & CHASSE SEMI;
THRU CHASSE TO BJO; MANUV; OPN IMP; WING;
CROSS HOVER, 3X TO BJO;;; FWD, FWD/LK FWD;
MANUV; 2 QRTR RT TRNS TO LOD;; SD DRAW CLS;**

PART A

**FWD WLZ; MANUV; BK, BK/LK BK; OPN IMP;
THRU HOVER BJO; BK HOVER SEMI; THRU CHASSE SEMI;
HOVER FALLAWAY; SLIP PIVOT; MANUV; SPIN TURN;
BOX FIN; TRN LFT & RT CHASSE; BK, BK/LK BK; OPN IMP;
THRU FC CP;**

END

HOVER; MANUV; SPIN OVERTRN; BK & SD CORTE';