

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