

Best Years of Our Lives

music: Best Years of Our Lives (Micks Mix) [Soundtrack from the Motion Picture Shrek]
artist: Baha Men **time:** 3:00 min
choreo: **Bianca Behrens** (Bianca@clogging.de) *dedicated to Fiana* **speed:** 132 bpm
taught at: Spring Jamboree 2009 (Berlin) & Vine Clog Special 2009 (Bad Kreuznach)
level: INTERMEDIATE
sequence: **A B A B C A* B D B* B***
 wait 16 beats

Intro (16 beats)

Heel Walk & Triple	DS DS H(w) H(w) RS L R L R LR &1 &2 & 3 &4	DS DS DS RS L R L RL &5 &6 &7 &8	(put arms out to the front on H(w))
Heel Walk & Triple Kick	DS DS H(w) H(w) RS R L R L RL &1 &2 & 3 &4	DS DS DS KK Up/H R L R L L R &5 &6 &7 & 8	(put arms out to the front on H(w))

Part A (32 beats) Verse

Slur Basic & Fancy Double	DS SLR S(xib) DS RS L R R L RL &1 & 2 &3 &4	DS DS RS RS R L RL RL &5 &6 &7 &8
Slur Basic & Rocking Chair	DS SLR S(xib) DS RS R L L R LR &1 & 2 &3 &4	DS BR UP/H DS RS L R R L R LR &5 & 6 &7 &8

Repeat all above

Part B (32 beats) Chorus

2 Samba Basic & Soccer	S(xif) R(ots) S S(xif) R(ots) S L R L R L R 1 & 2 3 & 4	DS DT UP/H DS RS L R R L R LR &5 & 6 &7 &8
2 Samba Basic & Mountain Basic	S(xif) R(ots) S S(xif) R(ots) S L R L R L R 1 & 2 3 & 4	STO DT UP/H DS RS L R R L R LR &5 & 6 &7 &8
2 Samba Basic & Soccer	S(xif) R(ots) S S(xif) R(ots) S L R L R L R 1 & 2 3 & 4	DS DT UP/H DS RS L R R L R LR &5 & 6 &7 &8
2 Samba Basic & Cramp	S(xif) R(ots) S S(xif) R(ots) S L R R L 1 2 3 4	BA BA H H STO(↗) p L R R L R 5 & 6 e a(7) &8

Part C (32 beats) Instrumental

Fancy Kick & Crawls	DS DS(xif) RS KK UP/H L R LR L L R &1 &2 &3 & 4	--- move to the left --- DT H/H BA/BA H/H BA/BA H/H L L R L R L R L R L R &a 6 & 7 & 8
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(use your arms as you like while crawling)

Repeat Fancy Kick & Crawls, **opposite footwork & direction then add**

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Rocking Chair	DS BR UP/H DS RS	DS DS RS RS
& Fancy Double	L R R L R LR	L R LR LR
	&1 & 2 &3 &4	&5 &6 &7 &8
Rocking Chair	DS BR UP/H DS RS	DS DS S H H H H H
& Chugs #1	L R R L R LR	L R L R L R L R
	&1 & 2 &3 &4	&5 &6 & 7 e (&)a 8 (e)&

Part A* (32 beats)

Step Slur Basic	S SLR S(xib) DS RS	DS DS RS RS
& Fancy Double	L R R L RL	R L RL RL
	1 & 2 &3 &4	&5 &6 &7 &8
Slur Basic	DS SLR S(xib) DS RS	DS BR UP/H DS RS
& Rocking Chair	R L L R LR	L R R L R LR
	&1 & 2 &3 &4	&5 & 6 &7 &8
Drag Step & Basic	DS DR S DS RS	DS BR UP/H DS RR
& Rocking Chair	L L R L RL	R L L R L RL
	&1 & 2 &3 &4	&5 & 6 &7 &8
Slur Basic	DS SLR S(xib) DS RS	DS DS RS RS
& Fancy Double	R L L R LR	L R LR LR
	&1 & 2 &3 &4	&5 &6 &7 &8

Part D (32 beats) *Rap*

2 Dirty Toes	DS(xif) SLR(fwd) UP/H DS(xif) SLR(fwd) UP/H	DS DS DS RS
& Triple	L R R L R L	L R L R L RL
	&1 & 2 &3 & 4 &5 &6 &7 &8	
2x [Up Basic	UP/H RS DS RS UP/H RS DS RS	
& Basic]	R L RL R LR L R LR L RL	
	1 &2 &3 &4 5 &6 &7 &8	
AH-Chugs	H H H H S TH DS DS DS RS	
& Triple	R L R L R L R LL R L R LR	
	& a(1)e &(a)2 e (&a)3 &4 &5 &6 &7 &8	
Dirty Toe, Basic	DS(xif) SLR(½ L) H DS RS	
	L R L R LR	
	&1 & 2 &3 &4	
& Jumping Jack	JMP (apart) JMP (R xif L) Turn (½ L) clap	
	both both both	
	5 6 7 8	

B* (32 beats)

Just like part B, but turn ¼ left on each Soccer

sequence: A B A B C A* B D B* B*

v:27.10.2009

Don't worry about the timing of Cramp, Crawls and Chugs, when in doubt, just follow the music and have fun!

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level: INTERMEDIATE

Cuecard:

wait 16 beats

Intro (16 beats)

Heel Walk & Triple / Heel Walk & Triple Kick (*with arms*)

Part A (32 beats) *Verse*

2x [Slur Basic & Fancy Double / Slur Basic & Rocking Chair]

Part B (32 beats) *Chorus*

2 Samba Basic & Soccer
2 Samba Basic & Mountain Basic
2 Samba Basic & Soccer
2 Samba Basic & Cramp

Cramp	BA BA H H STO(↗) p
	L R R L R
	5 & 6 e a(7) &8

Part A

2x [Slur Basic & Fancy Double / Slur Basic & Rocking Chair]

Part B

2 Samba Basic & Soccer / 2 Samba Basic & Mountain Basic
2 Samba Basic & Soccer / 2 Samba Basic & Cramp

Part C (32 beats) *Instrumental*

2x [Fancy Kick & Crawls (move left/right)]

Rocking Chair & Fancy Double
Rocking Chair & Chugs #1

Chugs #1	DS DS S H H H H H
	L R L R L R L R
	&5 &6 & 7 e(&)a 8(e)&

Part A* (32 beats)

Step Slur Basic & Fancy Double / Slur Basic & Rocking Chair
Drag Step & Basic & Rocking Chair / Slur Basic & Fancy Double

Part B

2 Samba Basic & Soccer / 2 Samba Basic & Mountain Basic
2 Samba Basic & Soccer / 2 Samba Basic & Cramp

Part D (32 beats) *Rap*

2 Dirty Toes & Triple
2x [Up Basic & Basic]
AH-Chugs & Triple
Dirty Toe, Basic & Jumping Jack

AH-Chugs	H H H H H H S TH
	R L R L R L R LL
	& a(1)e &(a)2 e(&a)3 &4

Part B* (32 beats) *Chorus*

2 Samba Basic & Soccer (¼L) / 2 Samba Basic & Mountain Basic
2 Samba Basic & Soccer (¼L) / 2 Samba Basic & Cramp

Part B*

2 Samba Basic & Soccer (¼L) / 2 Samba Basic & Mountain Basic
2 Samba Basic & Soccer (¼L) / 2 Samba Basic & Cramp