

# Best Years Of Our Lives

## Baha Men

(SHREK Soundtrack ~ #0044-50305-2 ~ Dreamworks ~ Track #5)

Easy - Line (AN ALL SKATE!!)

Dance Beat - Normal Speed (it's a little fast)

Left Foot Lead

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### Sequence Wait 16 Intro, A, B, A, B, C, A, B, C, B\*, B\*

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#### Intro (16 beats)

- (16) **4 Cha Cha Steps** S (fwd) - S (b) - S - RS  
*(twist hip slightly on each ST fwd)*
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#### Part A (32 beats)

- (8) **2 Brushovers** DS - Br - DS - Tch (b) - DS - Br - DS - Tch (b)  
*(face the front left corner on the brushes)*
- (4) **4 count Vine** DS (ots) - DS (xb) - DS (ots) - RS
- (4) **Turning Pushoff** DS - RS - RS - RS  
*(turn 1/2 gradually on all 3 RS)*

*Repeat above 16 counts to face front*

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#### Part B (32 beats)

- (16) **Baha Shuffle** S (ots) - RS - R (xb) - S - S (ots) - RS - R (xb) - S - S (f) R S (f) - Toe Pivot (1/2 L)  
*(take 2 pivot steps to make full turn)*
- 1 +2 3 4 5 +6 7 8 9 + 10 11 12
- Toe Pivot (1/2 L) - S Clap  
13 14 15 16

*Repeat all of the above*

*Part B\* = turn 3/4 total each time around*

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#### Part C (32 beats)

- (8) **2 Turkey Steps** H - Toe (snap) S - DS - RS - H - Toe (snap) S - DS - RS
- (4) **Karate Turn / Chug-a-lug** DS - Kick PIVOT 1/2 - S - Chug
- (4) **2 Chugs** DS - Kick Lift - DS - Kick Lift

*Repeat Above 16 counts to face front*

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abbreviations

(f) = forward

(ots) = out to side

(b) = back

(xb) = cross in back

Br = Brush

DS = double toe step

H = Heel

R = rock

RS = rock step

S = step

Tch = Tch

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