



## THE BEST IS YET TO COME

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**RAL Difficulty Rating:** Above Average

**Music:** "The Best Is Yet To Come," track 8, Frank Sinatra CD "It Might As Well Be Swing" or download from Amazon.com

**Sequence:** Intro, A, B, A mod, C, B, A mod, Ending

**MPM:** 28 MPM

**Rhythm:** Foxtrot **Phase:** IV + 2 (natural weave, contra check) + 2 (Fred Astaire kick, bounce fallaway)

**Footwork:** Described for man—woman opposite (as noted) **Timing:** SQQ unless otherwise noted

### INTRODUCTION

#### **1-4 WAIT 2;; SKATERS FRONT VINE 4; CROSS STEP & POINT TWO TIMES;**

1-2 [WAIT 2 meas.] Skaters fcg DLW L feet free for both his R hnd on W's R shldr L hnds jnd; ;

3 [Shadow front vine 4 QQQQ] XLIF of R twd Wall, sd R, XLIB of R, sd R;

4 [Cross step & point two times QQQQ] XLIF of R, point R DLW, XRIF of L, point L DLC;

### PART A

#### **1-8 SKATERS 3-STEP; MAN FEATHER LADY ROLL RF 4 TO BJO; 3-STEP; NATURAL WEAVE;; HOVER TO SEMI; FEATHER; SYNCO REVERSE TURN TO WING;**

1 [3-step] In skaters fwd L DLW with heel ld,-, fwd R with heel ld rolling to toe, fwd L toe heel (footwork identical for both);

2 [Man feather Lady roll 4 to BJO SQQ (QQQQ)] Fwd R,-, fwd L, fwd R to BJO fc DLW; (*Fwd R comm.RF trn, cont trn L,R,L to BJO;*)

3 [3-step] Fwd L heel ld blend to CP,-, fwd R heel ld roll to toe, fwd L toe heel DLW; (*Bk R blend to CP,-, bk L, bk R;*)

4-5 [Natural weave SQQ QQQQ] Fwd R comm. RF trn,-, sd L with L sd stretch cont trn, bk R DLC with R sd ld; Bk L, bk R comm LF trn, sd & fwd L, fwd R BJO DLW; (*Bk L comm. RF trn,-, cl R [heel trn] trng, fwd L; Fwd R in BJO, fwd L comm LF trn, sd & bk R cont trn, bk L BJO DLW;*)

6 [Hover to semi] Fwd L,-, fwd & sd R rising, sd & fwd L to SCP fcg DLC; (*Bk R,-, bk & sd L rising, sd & fwd R;*)

7 [Feather] Thru R,-, fwd L w/L sd lead, fwd R BJO DLC; (*Thru L comm trng LF,-,sd & bk R, bk L BJO;*)

8 [Synco reverse turn to wing SQ&Q] Fwd L comm LF trn,-, sd R cont trn/bk L twd DLW, bk R blending to SCAR ckg; (*Bk R comm. LF trn,-, cl L for heel trn/fwd R to SCAR DLW, fwd L SCAR;*)

#### **9-12 FORWARD SWIVEL & CHECK; OUTSIDE SWIVEL INTO,, NATURAL WEAVE EXTENDED,;;;**

9 [Forward swivel & check SS] Fwd L twd DRC swvlg LF ½ to fc DLW,-, fwd & sd R BJO ckg,-; (*Bk R swvlg LF to BJO,-, ck bk L, -;*) *Optional: Lady can flick R IF L on last beat*

10-12 [Outside swivel S] Bk L leaving R extd fwd SCP DLW,-, (*Fwd R swvlg RF to SCP,-;*)

[Extended natural weave S QQQQ QQQQ] Fwd R comm RF trn,-; Sd L cont trn w/L sd stretch, bk R DLC with R sd ld preparing to ld ptr to BJO, bk L BJO, bk R; Bk L, bk R comm LF trn passing thru CP, sd & fwd L trng LF, fwd R BJO DLW; (*Fwd L comm RF trn,-; Fwd R, sd & fwd L w/R sd stretch, fwd R, fwd L; Fwd R, fwd L trng LF, sd & bk R, bk L BJO;*)

### PART B

#### **1-4 CHANGE OF DIRECTION; BOUNCE FALLAWAY 4 TO BJO; WEAVE ENDING INTERRUPTED WITH SIDE CROSSES;;**

1 [Change of direction SS] Fwd L DLW,-, fwd & sd R twd DLW w/R shoulder ld and draw L to R CP DLC,-;

2 [Bounce fallaway 4 QQQQ] Fwd L DLC comm LF trn, sd & fwd R cont trng LF, XLIB of R to fallaway pos fcg RLOD, bk R to BJO; (*Bk R comm LF trn, sd & bk L cont trn w/head R, XRIB of L to fallaway pos with*

head R, sd & fwd L trng LF to BJO head still R;) [NOTE: Figure is done with liling action, up on 1<sup>st</sup> & 3<sup>rd</sup> Qs, to flexed knees on 2<sup>nd</sup> & 4<sup>th</sup> Qs.]

- 3-4 [Weave ending interrupted with side crosses QQ S&S& QQ] Bk L BJO comm. LF trn, bk R trng LF to fc WALL, sd L,-/XRIB of L [overcross]; Sd L,-/XRIB of L [overcross], sd & fwd L trng LF, fwd R BJO DLW; (Fwd R BJO comm LF trn, fwd L cont trn to fc COH, sd R,-/XLIF of R; Sd R,-/XLIF of R, sd & bk R DLW, bk L BJO;) [Note: The side crosses are done with staccato action w/constant body movement, staying at one elevation—altho it will look like rise and fall.]

**5-8 HOVER TO SCP; LILT RUN 4; FRED ASTAIRE KICK; RIGHT LUNGE RECOVER CLOSE;**

- 5 [Hover to SCP] Repeat Part A, meas. 6, SCP DLC;  
6 [Lilt run 4 S&S&] Thru R,-/fwd L, thru R,-/fwd L moving W slightly ahead in loose SCP DLC;  
7 [Fred Astaire kick SS] Thru R keeping weight back as though ckg kick L fwd & up with straight leg,-, as leg comes down XLIF plc L parallel to R as far bk as possible,-; (Thru L ckg kick R fwd & up with straight leg,-, XRIF of L trng lower body LF to BJO but head stays R,-;)  
8 [Right lunge S Recover close QQ] Sd R twd WALL flexing R knee allowing ptr to extend and looking over her head,-, rec L, cl R CP LOD; (Sd L twd WALL as upper body completes trn to BJO on flexed L knee project up and out on own balance keeping shoulders parallel to ptr,-, rec R, cl L CP LOD;)

**9-12 CONTRA CHECK & RECOVER; REVERSE WAVE;; IMPETUS TO SCP;**

- 9 [Contra check & recover SS] Fwd L w/LF body rotation [strong R sd ld] and flexed knee,-, rec R CP LOD,-; (Bk R with LF body rotation and flexed knee keeping hips up to M & not letting bk heel drop,-, rec L,-;)  
10-11 [Reverse wave SQQ SQQ] Fwd L comm LF trn,-, sd R cont trn, bk L cont trn; Bk R curvg twd LOD,-, bk L twd LOD, bk R fcg RLOD; (Bk R comm LF trn,-, cl R to L [heel trn], fwd R twd DLW; Fwd L curvg twd LOD,-, fwd R twd LOD, fwd L fcg LOD;)  
12 [Impetus to SCP] Bk L comm RF trn,-, cl R [heel trn] cont trn, fwd L in SCP DLC; (Fwd R comm trn pvtg ½ RF,-, sd & fwd L cont trn, fwd R;)

**13-16 PROMENADE WEAWE;; CHANGE OF DIRECTION; CLOSED TELEMAR;**

- 13-14 [Promenade weave SQQ QQQQ] Thru R,-, fwd L comm LF trn, sd & slt bk R BJO; Bk L, bk R comm. LF trn to CP, sd & fwd L DLW, fwd R BJO; (Thru L,-, sd & bk R comm LF trn to BJO, cont trn to fc LOD fwd L; Fwd R, fwd L comm. LF trn, cont trn sd & bk R, bk L BJO;)  
15 [Change of direction SS] Repeat meas. 1 end CP DLC;  
16 [Closed telemark] Fwd L comm LF trn,-, sd R cont trn, sd & slt fwd L BJO DLW; (Bk R comm LF trn bringing L beside R with no wt,-, cont trn chg wt to L [heel trn], sd & bk R;)

**PART A Modified**

**1-6 NATURAL WEAWE;; HOVER TO SCP; FEATHER; SYNCO REVERSE TURN TO WING; FORWARD SWIVEL & CHECK;**

- 1-6 Repeat Part A, meas. 4 thru 9 end BJO DLW;,,,,;

**7-8 SLOW OUTSIDE SWIVEL; FEATHER;**

- 7 [Slow outside swivel S--] Bk L,-, XRIF w/no wt SCP fcg DLW,-; (Fwd R flaring L CW for swvl RF on ball of R to SCP,-;-;)  
8 [Feather] Thru R,-, fwd L w/L sd lead, fwd R BJO DLW; (Thru L comm trng LF,-,sd & bk R, bk L BJO;)

**PART C**

**1-4 HOVER TO SCP; OPEN NATURAL; BACK FEATHER; BACK 3-STEP;**

- 1 [Hover to SCP] Repeat Part A, meas. 6, SCP LOD;  
2 [Open Natural] Fwd R comm RF trn,-, sd L acrs LOD, bk R cont RF trn to BJO bkg LOD; (Fwd L,-, fwd R passing thru CP, fwd L to BJO;)  
3 [Back feather] Bk L,- bk R with rt shoulder ld, bk L BJO bkg LOD;  
4 [Back 3-step] Bk R blending to CP,-, bk L, bk R; (Fwd L heel ld,-, fwd R heel ld rising to toe, fwd L;)

**5-8 CLOSED IMPETUS; FEATHER FINISH; FULL REVERSE TURN;;**

- 5 [Closed impetus] Bk L comm RF trn,-, cl R [heel trn] cont trn, sd & bk L to CP DLW; (*Fwd R btw M's feet comm RF turn,-, sd & fwd L cont trn, fwd R to CP DRC;*)
- 6 [Feather finish] Bk R trng LF,-, sd & slt fwd L, fwd R BJO DLC; (*Fwd L trng LF,-, sd R, bk L BJO;*)
- 7-8 [Full reverse turn SQQ SQQ] Fwd L comm LF trn,-, sd R cont trn, bk L LOD; Bk R cont LF trn,-, sd & slt fwd L, fwd R BJO DLW; (*Bk R comm LF trn,-,cl L to R [heel trn], fwd R to CP; fwd L cont LF trn,-, sd R, bk L BJO DLW;*)

**Repeat PART B**

**Repeat PART A Modified**

**END**

**1-5 FORWARD RIGHT LUNGE; MAN CHASSE LADY TURN TO SKATERS; FEATHER; 3-STEP; SKATERS RIGHT LUNGE & SHAPE;**

- 1 [Forward right lunge SS] From BJO fcg DLW fwd L twd DLW blending to CP,-, sd & fwd R btw ptr's feet looking over her head flexing R knee allowing ptr to extend,-; (*Bk R,-, sd & bk L flexing into L knee extend out & up on own balance keeping shoulders parallel to ptr,-;*)
- 2 [Man chasse Lady turn to skaters QQS (SS)] Rec L raising jnd ld hnds up ld W's LF trn, cl R, sd L to loose skaters L hnds jnd w/R hnd on W's R shoulder fcg LOD,-; (*Rec R spirlg LF on R under jnd ld hnds,-, sd L in skaters,-;*)
- 3 [Feather] Fwd R in skaters,-, fwd L, fwd R; [*Identical footwork for both thru end of dance*]
- 4 [3-step] Repeat A, meas. 1, fcg LOD in loose skaters keeping W ahead;
- 5 [Right lunge & shape SS] In skaters sd & fwd R twd DLW [M stepping bhd ptr] flexing R knee & shaping to look at each other body fcg DLC brg jnd L hnds in & down in front (*R sd stretch to look L at ptr bring R hnd acrs front as if to very open embrace*),-,-;