

De Værste Bedste År (the worst best years)

Count: 32

Wall: 4

Level: High Beginner Fun dance

Choreographer: Lene Mainz Pedersen (DK) February 2019

Music: "De Værste Bedste År" by Rasmus Seebach (DK) iTunes

#16 counts intro.

[1-8] SIDE TOUCH R+L, RUMBA FWD, SIDE TOUCH L+R, RUMBA BACK

1 & 2 & Step R to R, Touch L beside R, Step L to L, Touch R beside L
3 & 4 Step R to R, Step L beside R, Step fwd on R
5 & 6 & Step L to L, Touch R beside L, Step R to R, Touch L beside R
7 & 8 Step L to L, Step R beside L, Step back on L

[9-16] BACK LOCK, COASTER, TURN 1/4 L STEP R AND SWAY R, L, R, L

1 & 2 Step back on R, Lock L in front of R, Step back on R
3 & 4 & Step back on L, Step R beside L, Step L fwd, Turn 1/4 L make a small hitch
5 - 8 Step R to R swaying R, Recover on L swaying L, Recover on R swaying R, Recover on L swaying L (9:00)
(for styling: bend knees and hold palm of hands down beside thighs – swing your knees from side to side, with your hands along side of the body – the easy way is to watch the video)

[17-24] CHASSE R, TURN 1/4 L CHASSE L, BEHIND SIDE CROSS, LONG STEP L, TOUCH R

1 & 2 Step R to R side, Step L beside R, Step R to R side
3 & 4 Turn 1/4 L stepping L to L side, Step R beside L, Step L to L side (6:00)
5 & 6 Step R behind L, Step L to L side, Cross R in front of L
7 - 8 Step long step L dragging R towards L, Touch R beside L while snap your fingers

[25-32] CHASSE 1/4 R, PIVOT 1/2 R, TURN 1/4 L CHASSE L, R BEHIND, TURN 1/4 L

1 & 2 Step R to R side, Step L beside R, Turn 1/4 R stepping R fwd (9:00)
3 - 4 Step L fwd, Turn 1/2 R recovering on R (3:00)
5 & 6 Turn 1/4 R stepping L to L side, Step R beside L, Step L to L side (6:00)
7 - 8 Step R behind L, Turn 1/4 L stepping L fwd (3:00)

Start again – enjoy and keeeeeep smiling 😊

TAG – after wall 1 (3:00), 3 (9:00), 7 (9:00) - VINE 1/4 R, WALK AROUND 3/4 R

(for styling – while walking around we clutch at our heads and moan the same as he´s singing “aj – aj – aj – aj” - all the time resignedly shaking our heads

1 - 3 Step R to R side, Cross L behind R, Turn 1/4 R stepping R fwd
4 – 8 Walk a 3/4 circle R stepping L, R, L, R, L (to face same place you ended the walls 1 (3:00), 3 (9:00), 7 (9:00)

Ending – Wall 10 – Starts (3:00) after sec. 2 – keep swaying and SMILE (12:00)

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