

# Makes Me Wanna Dance

**Count:** 128

**Wall:** 1

**Level:** Phrased Advanced

**Choreographer:** Daniel Trepát (NL), Roy Verdonk (NL), Darren Bailey (UK), Raymond Sarlemijn (NL), Pim van Grootel (NL) & José Miguel Belloque Vane (NL)

**Music:** "Best Years of Our Lives" Baha Men

**Counts:** All parts are 32 counts - **Sequence:** A-B-A-B-C-A-B-D-B-B

## 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 RF 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

**¾ 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  $\frac{3}{4}$  turn left
- 8  $\frac{1}{4}$  turn left and jump with both feet out to the sides