

Best Life With You

Count: 40

Wall: 1

Level: Beginner

Choreographer: John McGinley (UK) - June 2026

Music: Best Life (Ryder's cut) - Ryder James



32 Count Intro after Best life when music starts approximately 18 seconds into track

S1: Chasse R; Rock Back, Recover, Grapevine L with a cross

- 1&2 Step R to R side, close L at side of R, step R to R side Side Together Side
- 3-4 Rock back on L, recover weight on R Back Rock /Recover
- 5-6 Step L to L side, cross R behind L Side - Behind
- 7-8 Step L to L side, cross R in front of L Side - Cross

S2: Chasse L; Rock Back, Recover, Grapevine R with a cross

- 1&2 Step R to R side, close L at side of R, step R to R side Side - Together - Side
- 3-4 Rock back on R, recover weight on L Back Rock /Recover.
- 5-6 Step R to R side, cross L behind R Side - Behind
- 7-8 Step R to R side, cross L in front of R Side - Cross

S3: Side Together, Shuffle Forward, Side Together, Shuffle Back

- 1-2 Step R to side, step L together Side Together
- 3&4 Step fwd on R, step L next to R (&), step fwd on R Shuffle Forward
- 5-6 Step L to side, step R together Side Together
- 7&8 Step back on L, step R next to L (&), step back on L Shuffle Back

S4: Rock Back, Recover, 3x Step ¼ Turn

- 1-2 Rock back on R, recover weight on L Rock Back/Recover
- 3-4 Step fwd R make ¼ turn left onto L (9 o'clock) Step ¼ Turn (Paddle)
- 5-6 Step fwd R make ¼ turn left onto L (6 o'clock) Step ¼ Turn (Paddle)
- 7-8 Step fwd R make ¼ turn left onto L (3 o'clock) Step ¼ Turn (Paddle)

S5: 4th Step ¼ Turn, V-Step, Stomp-Stomp

- 1-2 Step fwd R make ¼ turn left onto L (12 o'clock), Step ¼ Turn (Paddle)
- 3-4 Step out to R diagonal on R foot, V-Step step out to L diagonal on L foot
- 5-6 Step back to centre on R foot, step on L foot beside R
- 7&8 Stomp R Stomp L Stomp-Stomp

Notes

S3: Dip right shoulder into step 1 recover step 2

S4 & 5 Penguin paddle your 4 Step ¼ Turns

Enjoy

Last Update: 13 Jun 2026