

My Best Life

Count: 64

Wall: 2

Level: Intermediate Phrased

Choreographer: Mireia Bombardó (ES) - August 2026

Music: Just To Die - Gravey



Description: Intro 16c, Part A 32c, Part B 32c, Tag1 16c, Part A# 16c, Tag2 8c

Sequence: A – A – B - Tag1 - A – A – B - Tag1 – A - A# – Tag2 - B - Tag1 – Tag1 - Final

Part A: 32c

Sect 1 SCUFF, OUT, OUT, SAILOR, FLICK, POINT

- 1-2 Scuff R next to L, step side R,
- 3-4 Step side L, Cross step back R,
- 5-6 Step L next to R, Step side R
- 7-8 Flick cross back L, Touch point back L

Sect 2 STOMP UP, HITCH, SLIDE BACK, ROCK STEP, STOMP, STOMP UP

- 1-2 Stomp up L next to R, Hitch L knee up
- 3-4 Step L back & drag R heel towards L
- 5-6 Rock step R back, recover L
- 7-8 Stomp R next to L, Stomp up L next to R

Sect 3 ROCK SIDE, KICK, CROSS, ROCK SIDE, KICK, HOOK

- 1-2 Rock L to side, recover on R
- 3-4 Kick L forward, cross L in front R
- 5-6 Rock R to side, recover on L
- 7-8 Kick R forward, Hook R over L

Sect 4 STEP FORWARD, FLICK, STEP BACK, HOOK, ROCK FORWARD, ½ TURN, STEP, STOMP

- 1-2 Step R forward, Flick cross back L
- 3-4 Step L back, Hook R over L
- 5-6 Rock R forward, recover on L
- 7-8 Turn ½ to right, Step forward R, Stomp L next to R

Part B: 32c

Sect 1 HEEL, HEEL, 2 KICKS FORWARD, KICK SIDE, SLOW COASTER STEP

- 1-2 Heel front R, heel front L
- 3-4 Kick forward R, kick forward R,
- 5-6 Kick side R, Step R back
- 7-8 Step L back beside R, step R forward

Sect 2 STEP LOCK STEP, PIVOT ½ TURN, TOUCH TOGETHER

- 1-2 Step L forward, Lock R behind L, (body face to 3:00)
- 3-4 Step L forward, Hold
- 5-6 Step R forward, ½ turn left (6:00)
- 7-8 Step R forward, ½ turn left, (weight on R) Touch L together

Sect 3 HEEL, HEEL, 2 KICKS FORWARD, KICK SIDE, SLOW COASTER STEP

- 1-2 Heel front L, heel front R
- 3-4 Kick forward L, kick forward L,
- 5-6 Kick side L, Step L back
- 7-8 Step R back beside L, step L forward

Sect 4 STEP LOCK STEP, PIVOT ½ TURN, TOUCH TOGETHER

- 1-2 Step R forward, Lock L behind R, (body face to 9:00)
- 3-4 Step R forward, Hold
- 5-6 Step L forward, ½ turn right (6:00)
- 7-8 Step L forward, ½ turn right, (weight on L) Touch R together

TAG 1: 16c

Sect 1 RHUMBA BACK, ¼ TURN, RHUMBA FWD, SLIDE RIGHT, ¼ TURN, SLIDE LEFT TOGETHER

- 1-2 Step R side, Step L together
- 3-4 Step R back, ¼ turn to left, L touch together
- 5-6 Step L side, Step R together
- 7-8 Step L forward, touch together R

Sect 2 SLIDE RIGHT, ¼ TURN, SLIDE LEFT TOUCH TOGETHER

- 1-2 Step R side & drag L toes towards R
- 3-4 ¼ turn to left, L touch together
- 5-6 Step L side & drag R toes towards L
- 7-8 R touch together, Hold

Part A#: 16c

Sect 1 SCUFF, OUT, OUT, SAILOR, FLICK, POINT

- 1-2 Scuff R next to L, step side R,
- 3-4 Step side L, Cross step back R,
- 5-6 Step L next to R, Step side R
- 7-8 Flick cross back L, Touch point back L

Sect 2 STOMP UP, HITCH, SLIDE BACK, ROCK STEP, STOMP, STOMP UP

- 1-2 Stomp up L next to R, Hitch L knee up
- 3-4 Step L back & drag R heel towards L
- 5-6 Rock step R back, recover to L
- 7-8 Stomp R next to L, Stomp up L next to R

TAG 2: 16c

Sect 1 KICK, UNWIND, HOLD x 4

- 1-2 Kick side L
- 3-4 Unwind ½ turn right
- 5-6 Hold, Hold
- 7-8 Hold, Hold

FINAL SCUFF, OUT, OUT

- 1-2 Scuff R, Step out R
- 3-4 Step out L & drag R toes towards L

Big smile and have fun!!!

Last Update: 27 Aug 2026
