

# Sunday Best

**Level:** Intermediate                      **Genre:** R & B / Soul  
**Artist:** Surfaces  
**Choreo:** Andy Howard (Atlanta, Georgia, USA) americanracket@gmail.com  
**Speed:** Normal                              **Length:** 2.39 min.  
**Sequence:** Chorus, A, B, Chorus, A, B Chorus, Chorus  
**Intro:** Wait 32 beats

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## Quick Cues

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### Chorus (32 beats)

4 C/W Cha Cha (1/2 L)  
4 C/W Cha Cha (1/2 R)  
4 2 Rock Pull (R & L)  
4 Rock Pull Basic (1/2 L)  
16 REPEAT

### Part A (32 beats)

4 Joey (FWD)  
4 Pivot Chain (3/4 R)  
4 Joey (FWD)  
4 Stomp Double (3/4 R)  
16 2 Stomp Race Step (1/4 L ea)

### Part B (32 beats)

8 Snake Samba Vine  
4 Bouncer Basic  
4 Kentucky Slur (1/2 R)  
8 Snake Samba Vine  
4 Bouncer Basic  
4 Jazz Box (1/2 R)

### Chorus (32 beats)

4 C/W Cha Cha (1/2 L)  
4 C/W Cha Cha (1/2 R)  
4 2 Rock Pull (R & L)  
4 Rock Pull Basic (1/2 L)  
16 REPEAT

### Part A (32 beats)

4 Joey (FWD)  
4 Pivot Chain (3/4 R)  
4 Joey (FWD)  
4 Stomp Double (3/4 R)  
16 2 Stomp Race Step (1/4 L ea)

### Part B (32 beats)

8 Snake Samba Vine  
4 Bouncer Basic  
4 Kentucky Slur (1/2 R)  
8 Snake Samba Vine  
4 Bouncer Basic  
4 Jazz Box (1/2 R)

### Chorus (32 beats)

4 C/W Cha Cha (1/2 L)  
4 C/W Cha Cha (1/2 R)  
4 2 Rock Pull (R & L)  
4 Rock Pull Basic (1/2 L)  
16 REPEAT

### Chorus (32 beats)

4 C/W Cha Cha (1/2 L)  
4 C/W Cha Cha (1/2 R)  
4 2 Rock Pull (R & L)  
4 Rock Pull Basic (1/2 L)  
16 REPEAT



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## Step Definitions - Sunday Best

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### C/W CHA CHA: (This dance, turn 1/2 L or R on beats &3)

(P) S (FWD) (P) S (BK) (P) S RS  
L R L RL  
& 1 & 2 & 3 &4

### ROCK PULL:

R S (DIAG) PULL-S (BS)  
L R L L  
& 1 & 2

### ROCK PULL BASIC: (In this dance, turn 1/2 L on &2)

RS (FWD) PULL-S (BS) DS RS  
LR L L R LR  
&1 & 2 &3 &4

### JOEY: (This dance move FWD)

DS BA (XIB) BA (OTS) BA (OTS) BA (XIB) BA (BS) S  
L R L R L R L  
&1 & 2 & 3 & 4

### PIVOT CHAIN:

DS [RS RS RS] (TURN)  
L RL RL RL  
&1 &2 &3 &4

### STOMP DOUBLE: (In this dance, Clap on (P))

(P) STO DS DS RS (CAN BE DR INSTEAD OF (P) AT START)  
L R L RL  
& 1 &2 &3 &4

### STOMP RACE STEP: (In this dance Clap on (P), Turn 1/4 L on &5)

(P) STO DS (XIF) S (BK) DT (OTS) R (BK) S BA-SL DS DS RS  
L R L R R L R R L R LR  
& 1 &2 & 3 & 4 & 5 &6 &7 &8

### SNAKE SAMBA VINE: (In this dance move Right)

DS H (WGT TW) S (XIB) R S (XIF) R S (XIF) H (WGT TW) S R (BK) S DS RS  
L R L R L R L R L R LR  
&1 & 2 & 3 & 4 & 5 & 6 &7 &8

### BOUNCER BASIC: (In this dance lift RIGHT foot on 2)

DT-BO/BO (XIF) BO/BO (XIF) LIFT/SL DS RS  
L L/R L/R L/R L RL  
& 1 & 2 & &4

### KENTUCKY SLUR: (This dance 1/2 R on &4)

DS-DR S (XIF) DS (OTS) SLR-S (XIB)  
L L R L R R  
&1 & 2 &3 & 4

### JAZZ BOX: (This dance 1/2 R on &2 &3 &4)

T-H (OTS) T-H (XIF) T-H (BK) T-H (BS)  
L L R R L L R R  
& 1 & 2 & 3 & 4

*This Step is an optional challenge Intermediate Plus step  
to replace the 2<sup>nd</sup> Stomp Race Step if desired.*

### BONUS: (In this dance Clap on (P) and Turn 1/4 L on &1)

(P) STO DS (XIB) H (WGT) DT DT R S (FWD) STO DS (XIB) H (WGT) DT-BA STO (FWD)  
L R L R R R L R L R L L R  
& 1 &2 & 3 & 4 & 5 &6 & a7 & 8