

# The Best Day Of My Life

**COPPER** KNOB  
BY STEPHENETS

**Count:** 48

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Barbara R. K. Wallace (CAN) - October 2014

**Music:** Best Day of My Life - American Authors



**Intro: 16 counts**

## **WALK RIGHT, LEFT, SYNCOPATED TRAIN, WALK RIGHT, LEFT, TOE SIDE SWITCHES**

- 1,2 Walk forward right, walk forward left  
3&4& Rock forward right, recover left, rock back right, recover left  
5,6 Walk forward right, walk forward left  
7&8& Touch right toe to side, step right together, touch left toe to side, step left together

## **RIGHT MAMBO FORWARD, LEFT MAMBO BACK, ¼ TURN LEFT AND CROSS, ROCK SIDE RECOVER CROSS**

- 1&2 Rock forward right, recover left, step back on right  
3&4 Rock back left, recover right, step forward on left  
5&6 Step forward right, ¼ turn left (wt on left) cross right over left  
7&8 Rock side left, recover right, cross left over right

## **STEP SIDE RIGHT, STEP LEFT TOGETHER, RIGHT LOCK STEP, ¼ TURN LEFT, CROSS RIGHT OVER LEFT, STEP SIDE LEFT, TOUCH RIGHT TOE IN, TOUCH RIGHT TOE SIDE**

- 1,2 Step side right, step left beside right  
3&4 Step forward right, lock left behind right, step forward right  
5,6 ¼ turn left (wt on left) cross right over left  
7&8 Step side left, touch right toe beside left, touch right toe out to side

## **CROSS ROCK RECOVER, STEP SIDE RIGHT, CROSS SHUFFLE, SIDE SHUFFLE, ROCK BACK RECOVER, ¼ LEFT AND STEP FORWARD LEFT**

- 1&2 Cross rock right over left, recover left, step side right  
3&4 Cross left over right, step side right, cross left over right  
5&6 Step side right, step together on left, step side right  
7&8 Rock back left, recover right, ¼ turn left stepping forward on left

## **HEEL SWITCHES RIGHT AND LEFT (TRAVELLING FORWARD), STEP ½ PIVOT LEFT, HEEL SWITCHES RIGHT AND LEFT (TRAVELLING FORWARD), STEP ½ PIVOT LEFT**

- 1&2& Touch right heel forward, step together on right, touch left heel forward, step together on left (travel forward on heel switches)  
3,4 Step forward right, ½ pivot left  
5&6& Touch right heel forward, step together on right, touch left heel forward, step together on left (travel forward on heel switches)  
7,8 Step forward right, ½ pivot left

## **CROSS, SIDE RIGHT, TWO RIGHT SWIVETS, TWO LEFT SWIVETS**

- 1,2 &3,4 Cross right over left, step back left making ¼ turn right, step together on ball of right foot, cross left over, step side right  
5&6& Swivel right toe right and left heel to the left, return both feet center, swivel right toe right and left heel to the left, return both feet center

**(Restart from here - after count 46& - on wall 3 )**

- 7&8& Swivel left toe left and right heel to the right, return both feet center, swivel left toe left and right heel to the right, return both feet center.

**(For more of a challenge try applejacks for counts 5-8)**

**Restart : After 4& counts on Wall 3**

**Ending: 7th wall begins at the front. Dance to count 16 then turn  $\frac{1}{4}$  right to front wall stepping forward on right  
Repeat and Enjoy!!!**

**Dance to count 16 then turn  $\frac{1}{4}$  right to front wall stepping forward on right**

**Repeat and Enjoy!!!**

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