

# On My Best Days

**COPPER** **NOB**  
BY STEPHEN

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Lorna Mursell (UK) & Roz Chaplin (UK) - September 2012

**Music:** On My Best Days - Gord Bamford : (CD: Is It Friday Yet)



## Start on Vocals

### **SIDE ROCK, SHUFFLE FORWARD, FORWARD ROCK, STEP LOCK STEP**

- 1-2 Rock right to right side, recover onto left
- 3&4 Step forward on right, step left beside right, step forward on right
- 5-6 Rock forward on left, recover on right
- 7&8 Step forward Left, lock right behind left, step forward left

### **FORWARD ROCK, SHUFFLE ¼ TURN, FORWARD ROCK, COASTER STEP**

- 1-2 Rock forward on right, recover on left
- 3&4 Shuffle ¼ right, stepping right, left, right (3)
- 5-6 Rock forward on left, recover on right
- 7&8 Step back on to left, step right beside left, step forward left

### **Restart Here Wall 5 ( facing 3'0 clock)**

### **¼ TURNING TOE STRUT, PIVOT ¼ CROSS, SIDE, TOGETHER, SHUFFLE BACK**

- 1-2 Make ¼ turn right touching right toe to right side, drop right heel (taking weight) (6)
- 3&4 Step forward on left, pivot ¼ turn, cross left over right (9)
- 5-6 Step right to right side, close left beside right
- 7&8 Step back on right, step left beside right, step back right

### **ROCK BACK, KICKBALL CHANGE, FORWARD ROCK, BACK ROCK, HOLD**

- 1-2 Rock back on to left, recover on to right
- 3&4 Kick left forward, step left beside right, step right in place
- 5-6 Rock forward on to left, recover on to right
- 7-8 Rock back on to left, Hold

### **TAG: 4 Count Tag End of Wall 1 & 3**

### **SIDE, TOUCH, SIDE, TOUCH**

- 1-2 Step right to right side, touch left beside right
  - 3-4 Step left to left side, touch right beside left
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