

# Best Day Ever

Compte: 104

Mur: 2

Niveau: Phrased Intermediate

Chorégraphe: Amy Glass (USA) - January 2021

Musique: Best Day Ever - Sly & The Family Stallone



## #16 Count Intro. Sequence: ABCD ABCD A\*C (+2 count hold) D

### A—16 counts - No Syncopation

#### [1-8] Cross Rock, Side Rock, Cross Rock, Side Rock, Step Hold

- 1-2 Rock RF across LF (1), Recover weight on LF (2)
- 3-4 Rock RF R side (3), Recover weight on LF (4)
- 5-6 Rock RF across LF (5), Recover weight on LF (6)
- 7-8 Step RF to R side (7), Hold (8)

#### [9-16] Cross Rock, Side Rock, Recover ¼ R, Step Pivot ½ R, Pivot ¼ R

- 1-2 Rock LF across RF (1), Recover weight on RF (2)
- 3-4 Rock LF to L side (3), Recover ¼ R on RF (4) (3:00)
- 5-6 Step LF fwd (5), Pivot ½ R weighting RF (9:00) (6)
- 7-8 Step LF fwd (7), Pivot ¼ R weighting RF (12:00) (8)

\*\* 3rd A, dance counts 1-14, on count 15, big step to L and drag R for count 16 (keeping weight L)

### B—32 counts

#### [1-8] Ball Rock Recover, R Cross Shuffle, ½ L Cross Shuffle, ½ R Cross Shuffle

- &1-2 Close LF next to RF; (&) Rock R to Right (1) Recover on L (2) (12:00)
- 3&4 Cross R over L, Step L to L side, Cross R over L (12:00)
- 5&6 Turn ½ L & cross L over R, Step R to R side, Cross L over R (6:00)
- 7&8 Turn ½ R & Cross R over L, Step L to L side, Cross R over L (12:00)

#### [9-16] ¼ L Ball Step (Close), Back, Triple Back, ½ Triple L, Step Pivot ¼ L Cross

- &1-2 ¼ L stepping LF forward (&) Step RF next to LF (1), Step LF back (2) (9:00)
- 3&4 Triple back (R, L, R) (3&4)
- 5&6 ½ L triple forward (L, R, L) (3:00)
- 7&8 Step RF fwd, (7), Pivot ¼ L weighting LF (&) Step RF across LF (12:00)

#### [17-24] Tap, Press, Recover, Behind ¼ Forward, Step Pivot ¼ L, Chase ½ Turn

- &1-2 Touch LF next to RF (&) Press LF to L diagonal (1) Recover RF (2)
- 3&4 Step LF behind (3) T ¼ R stepping RF fwd (&) Step LF fwd (4) (3:00)
- 5-6 Step RF fwd (5) Pivot ¼ T L Step LF fwd (6) (12:00)
- 7&8 Step RF fwd (7) Pivot ½ T L Stepping LF fwd (&) Step RF fwd (8) (6:00)

#### [25-32] Out, Out, Back, Back, Back, Ball Heel, Ball Touch, Ball Heel, Ball Touch

- &1-2 Step LF out to L (&) Step RF out to R (1) Step LF back (2)
- 3-4 Step RF back (3) Step LF back (4)
- &5&6&7&8 Step RF down (&) Touch L heel fwd (5) Step LF Down (&) Touch R toe next to LF (6) Step RF down (&) Touch L heel fwd (7) Step LF Down (&) Touch R toe next to LF (8)

### C—24 counts

#### [1-8] Walk, Walk, Triple Fwd, Step Pivot ½ R, Triple Fwd

- 1-2 Step RF fwd (1) Step LF fwd (2)
- 3&4 R triple forward (R, L, R) (3&4)
- 5-6 Step fwd L (5) Pivot ½ R weighting RF (6) (12:00)
- 7&8 L triple forward (L, R, L) (7&8)

**[9-16] Making A Full Circle Left Walk, Walk, Triple, Walk, Walk, Triple,**

- 1-2 Curving ¼ L Step RF fwd, Step LF fwd, (9:00)  
3&4 Curving ¼ L triple forward (R, L, R) (3&4) (6:00)  
5-6 Curving ¼ L Step LF fwd, Step RF fwd, (3:00)  
7&8 Curving ¼ L triple forward (L, R, L) (3&4) (12:00) (\*\*naturally over-rotate to 10:30 to transition to next step)

**[17-24] (2 Vaudevilles) Cross Side, Behind Side Heel & Cross Side, Behind Side Heel**

- 1-2 Cross RF over LF (1) Step LF to side (2)  
3&4& Step RF behind (3) Step LF to side (&) Touch R heel towards diagonal (4) Step RF down (&)  
5-6 Cross LF over RF (5) Step RF to side (6)  
7&8 Step LF behind (7) Step RF to side (&) Touch L heel towards diagonal (8) (10:30)

**\*\*\*\*On the 3rd C, hold for 2 counts before continuing with part D**

**D—32 counts (Starts facing 10:30 Diagonal)**

**[1-8] Ball Rock Recover, R Coaster, ½ Pivot R, Shuffle Fwd**

- &1-2 Close LF next to RF; (&) Rock RF forward (1) Recover on L (2) (10:30)  
3&4 Step RF back (3), Close LF next to RF (&), Step RF fwd (4) (10:30)  
5&6 Step LF fwd (5), Pivot ½ R (6) (4:30)  
7&8 Shuffle forward L, R, L (7 & 8) (4:30)

**[9-16] Press, Recover, with Sweep, Back w/ sweep x 2, Back Pony R, L**

- 1-2 Press RF fwd (1), Recover weight back on LF while sweeping RF from front to back (2)  
3-4 Step back on RF while sweeping LF from front to back (3), Step back on LF while sweeping RF from front to back (4)  
5&6 Step RF back while popping L knee (5), Step on ball of LF (&), Step RF back while popping L knee (6) (4:30) \*Arms optional  
7&8 Step LF back while popping R knee (7), Step on ball of RF (&), Step LF back while popping R knee (8) (4:30) \*Arms optional

**[17-24] Ball Step, Fwd, Rock & Cross (Prep), Full Turn L**

- &1-2 Step on ball of RF (&), Step fwd on LF (1), Step fwd on RF (2) (4:30)  
3&4 Rock LF to L (3), Recover weight on RF (&), Cross LF over R (prep for upcoming turn) (4) (6:00)  
5-6 Step RF back while turning ¼ L (5) (3:00) Turn ½ L stepping LF forward (6) (9:00)  
7-8 Step RF fwd (7) Pivot ¼ L recovering weight to L (8) (6:00)

**[25-32] Toe Strut R, L, R Jazz**

- 1-2 Touch R toe to R Diagonal (1), Drop Heel (2)  
3-4 Touch L toe to L diagonal (3), Drop Heel (4)  
5-8 Cross RF over LF (5), Step LF back (6), Step RF to R (7), Step LF fwd (8) (6:00)

**Ending: The music ends with the lyrics "BEST DAY EVER" finishing with count 31 of D (so don't finish the jazz box)**

**Last Update - 20 April 2021**

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