

Best Day Ever

Compte: 48

Mur: 4

Niveau: Beginner / Improver

Chorégraphe: Donna Lanagan (USA) - April 2021

Musique: Best Day Ever - Sly & The Family Stallone



****2 RESTARTS 1 EASY TAG**

#16 count intro

SECTION 1: forward rock, side rock, back rock, step hold

- 1-2 rock RF forward recover with weight on LF
- 3-4 rock RF side recover with weight on LF
- 5-6 rock RF back recover with weight on LF
- 7-8 step RF next to LF, hold

****restart here on 3rd wall facing 6:00 & 5th wall facing front****

SECTION 2: forward rock, side rock, back rock, step hold

- 1-2 rock LF forward recover with weight on RF
- 3-4 rock LF side recover with weight on RF
- 5-6 rock LF back recover with weight on RF
- 7-8 step LF next to RF, hold

SECTION 3: two walks forward pivot ½ turn

- 1-2 walk forward RF LF
- 3-4 step RF forward pivot ½ turn with weight on LF
- 5-6 walk forward RF LF
- 7-8 step RF forward pivot ½ turn with weight on LF

SECTION 4: stomp, stomp, step back, back, heel together, heel together, point side

- & 1 stomp RF forward stomp LF forward
- 2-3 step back on RF step back on LF
- 4-5 R heel touch forward, step RF next to LF
- 6-7 L heel touch forward, step LF next to RF
- 8 Point R toe to R side

SECTION 5: step forward point side, step back point side, step hold

- 1-2 step forward RF, point LF to left side
- 3-4 step forward LF, point RF to right side
- 5-6 step back on RF, point LF to left side
- 7-8 step LF down next to RF, hold

****tag on 5th wall hold for 2 counts after count 7 (big arms) continue to section 6**

SECTION 6: toe struts jazz box ¼ turn

- 1-2 step on R toe, crossing in front of LF set RF heel down (to start jazzbox)
- 3-4 ¼ turn L by stepping on L toe, set LF heel down
- 5-6 step back on R toe, set RF heel down (should now be facing L ¼ turn wall)
- 7-8 step LF toe next to right, set LF heel down

****song will end on wall 6, ¼ turn second pivot to face front, optional end pose with a smile of course****

Last Update - 17 May 2021

