

The Best Day

Compte: 32

Mur: 2

Niveau: Improver



Chorégraphe: Andy Williams (USA)

Musique: Best Day of My Life - Jesse McCartney

SIDE, TOGETHER, SIDE, TOGETHER, CROSS, TURN ¼, TURN ½, SHUFFLE

- 1-2 Step side right, step left next to right
- 3&4 Step right to side, step left next to right, cross right over left
- 5-6 Step back on left, turning ¼ right, step forward on right turning ½ right
- 7&8 Step right forward, step left behind right, step right forward

SHUFFLE FORWARD, HEEL AND TOUCH, COASTER STEP, ROCK, RECOVER, ¼ TURN

- 1&2 Step right forward, bring left behind right, step right forward
- 3&4 Present left heel forward, step down on left, touch right toe behind left
- 5&6 Step right back, step left next to right, step right forward
- 7&8 Rock forward left, recover weight to right turning ¼ right step left across right

MAMBO CROSS TWICE, STEP FORWARD ON DIAGONAL HIP GRIND COUNTER TO THE RIGHT

- 1&2 Rock right to side, recover to left, step right across left
- 3&4 Rock left to side, recover to right, step left across right
- 5-8 Step forward on diagonal (1:00) grind hips to the left for 4 counts

Weight should end on left

STEP TURNING ¼ TWICE, COASTER STEP, ROCK FORWARD RECOVER, COASTER

- 1-2 Turning ¼ right step forward on right, step back on left turning ¼ right
- 3&4 Step back right, step left next to right, step forward right
- 5-6 Rock left forward, recover weight to right
- 7&8 Step back left, step right next to left, step forward on left

When doing the coasters, (3&4, 7&8) when you step forward to finish the coaster steps bend the knee a little more than normal make it a dip forward with attitude

REPEAT