

The Best Day Of My Life

COPPER **NOB**
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
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音乐: 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!!!
