

Best Day Ever

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Karen Tripp (CAN) - March 2021
音乐: Best Day Ever - Sly & The Family Stallone



Wait 32 counts

(1-8) R CROSS, SIDE, SAILOR ¼ R, L FORWARD, ½ TURN RIGHT, ¼ R LEFT SIDE SHUFFLE

1-2 Cross R over L, step side L
3&4 Sweep right as you turn ¼ right and step R behind, step L to left, step R to right
5-6 Step forward L, turn ½ right and step R
7&8 Continue turning ¼ right and shuffle to side stepping L, R, L (12:00)

Restart: On wall 4 facing 3:00, dance first 8 counts, and restart facing 3:00.

(9-16) R ROCK BACK (OVERTURN BY ¼), RECOVER, SIDE (SQUARE UP) (X2), FULL TURN RIGHT

1-2-3 Opening up, turn ¼ right and rock back on R, recover L, square up and step side R
4-5-6 Opening up, turn ¼ left and rock back on L, recover R, square up and step side L (prepping to make a right face turn)
7-8 Turn ½ right and step R, continue turning ½ right and step L (12:00)

(17-24) R MODIFIED JAZZ BOX WITH DRAG, BALL, WALK, WALK, ROCK FORWARD, RECOVER

1-2 Cross R over L, step back on L
3-4 Big step side on R, drag L towards R (no weight)
&5-6 Step on L (&), step forward on R (5), step forward on L (6)
7-8 Rock forward on R, recover weight to L (12:00)

(25-32) R STEP BACK, TURN ½ LEFT, PADDLE TURN 3X

1-2 Step back on R, turn ½ left and step L (6:00)
3-4 Touch R toes forward with weight, turn ¼ left stepping L (3:00)
5-6 Touch R toes forward with weight, turn ¼ left stepping L (12:00)
7-8 Touch R toes forward with weight, turn ¼ left stepping L (9:00)

RESTART: On wall 4 facing 3:00; dance first 8 counts and restart after the side shuffle (still facing 3:00).

END: Dance ends facing 12:00 after 32 counts, finish with an extra stomp forward or across.

Dedication: To my sister - my inspiration, my greatest love. This is for you.