

# The Best Days Of My Life

**COPPER** KNOB  
STEPPERS

拍数: 96      墙数: 2      级数: Phrased Intermediate  
编舞者: Marie-Odile Jélinek (FR) - June 2020  
音乐: Wasted Time - Keith Urban



Sequence : A- A'(1 to 32)-TAG/RESTART - A- A'(1 to 32)-TAG- B :SOLO- A(1to16)- RESTART on A' – TAG + Final

Dance starts after 16 counts of the intro on the Lyrics : The Rain...  
The musical structure perfectly marries the : Verse-Chorus-Solo-Tags & Restarts  
Hold on LF

## Partie A

[1 to 8] **ROCK AND HOLD (R & L SIDE MAMBO STEPS) - CROSS, POINT TWICE**

- 1 & 2      Rock Step lateral RF to R, return on LF - Assemble RF (pose) (Hat Tip) - M :12H
- 3 & 4      Rock Step lateral LF to L, return on RF - Assemble LF (pose) (Hat Tip)
- 5 – 6      RF cross front of LF – LF TOUCH point to L
- 7 – 8      LF cross front of RF – RF TOUCH point to R

[9 to 16] **WALKS FORWARD- FORWARD ROCK STEP RECOVER, STEP**

- PIVOT 1/2 TURN TWICE R - STEP - COASTER STEP
- 1 – 2      RF pose fwd – LF pose fwd - M : 12H
- 3 & 4      Pose RF fwd (return on hold on LF, RF regains balance weight, RF fwd, ½ turn to R - M : 6H
- 5 – 6      1/2 T to R while pose LF (12h), Pose RF (slightly back)
- 7 & 8      COASTER STEP : LF pose back – RF pose next to LF – LF pose fwd

Here,Restart after count 16 at 5th Wall face to 12 H « From The Top »

[17 to 24] **1-8 JAZZ BOX ¼ DE TOUR. R - HEEL GRIND 1/4 TURN.R – STOMP TWICE**

- 1 – 4      Croiser RF front of LF, step back LF ¼ Turn to R, pose RF next to LF move fwd LF - M : 15 H
- 5 – 6      Pose heel RF fwd, pivot 1/4 to R on this heel while stomping ground and resume BW on LF - M : 6H
- 7 – 8      Stomp RF, Stomp LF + Hat

[25 to 32] **1-8 : SUGAR FOOT R & L**

- 1-4      Toe Touch RF – Heel Touch RF – Cross Heel Step RF – Ball Step RF - M : 6 H
- 5-8      Toe Touch LF – Heel Touch LF – Cross Heel Step LF – Ball Step LF

Here : TAG/ RESTART 1 : after 3rd Wall of 32 counts A' at 12H –

Here : TAG 2 : after 5th Wall of 32 counts at 2nd A' à 12H

Here : TAG 3 : after 6th Wall of 32 counts of 3rd A' at 6H before Final at 7th Wall face to 12H

[33 to 40] **1 – 8 SIDE ROCK. R, CROSS TRIPLE- SIDE ROCK.L , CROSS TRIPLE**

- 1 – 2      Pose RF to R, return on hold on LF M : 6H
- 3 & 4      Cross RF front of LF, pose LF to L, cross RF front of LF
- 5 – 6      Pose LF to L, return on hold on RF
- 7 & 8      Cross LF front of RF, pose RF to R, cross LF front of RF

[41 to 48] **1-8 HEEL SWITCHES RIGHT & LEFT- LARGE SIDE WITH SLIDE, KICK BALL STEP. LEFT. TWICE**

- 1      Touch Heel R Fwd – Slightly in Diagonal M : 6H
- &2      SWITCH : 1 Step RF next to LF – Touch Heel L Fwd – Slightly Diagonal
- &3-4      Big Step RF to R by Sliding LF next to RF, Touch LF next to RF

5&6-7&8 Kick L fwd, assemble LF next to RF, Pose LF slightly fwd twice

**[49 to 56] 1 – 8 SIDE ROCK. L, CROSS TRIPLE- SIDE ROCK.R, CROSS TRIPLE**

1 – 2 Pose LF to L, return on hold on RF - M : 6H  
3 & 4 Cross LF front of RF, pose RF to R, cross LF front of RF  
5 – 6 Pose RF to R, return on hold on LF  
7 & 8 Cross RF front of LF, pose LF to L, cross RF front of LF

**[56 to 64] 1-8 HEEL SWITCHES LEFT & RIGHT - LARGE SIDE WITH SLIDE, KICK BALL STEP.RIGHT.TWICE**

1 Touch Heel L Fwd - slightly Diagonal - M : 6 H  
&2 SWITCH : 1 Step LF next to RF – Touch Heel R Fwd - Slightly Diagonal  
& 3-4 Big Step LF to L by sliding RF next to LF, Touch RF next to LF  
5&6-7&8 Kick R fwd, assemble RF next to LF, Pose RF slightly fwd twice

**A = 64 counts / A' = 32 first counts / B = SOLO OF KEITH URBAN / \*A /Restart = 16 first counts**

**Part B**

**[1 to 8] DIAGONAL STEP TOUCH + CLAPS (K-STEP)**

1 – 2 Pose RF in diagonal fwd right, touch point LF next to RF - (And Clap) - M : 12H  
3 – 4 Pose LF in diagonal back left, touch point RF next to LF - (And Clap)  
5-6 Pose RF in diagonal back right, touch point LF next to RF - (And Clap)  
7-8 Pose LF fwd, touch point RF next to LF - (And Clap)

**[9 to 16] SIDE & TOUCHES R, SIDE, TOGETHER, FWD, POINT TOUCH L – M: 12H**

1-2-3-4 Pose RF to R, touch LF next to RF, pose LF to L, touch RF next to LF  
5-6-7-8 Pose RF to R, assemble LF next to RF, step RF fwd Touch LF next to RF

**[17 to 24] DIAGONAL STEP TOUCH + CLAPS (K-STEP)**

1 – 2 Pose LF in diagonal fwd left, touch point RF next to LF - (And Clap) – M: 12H  
3 – 4 Pose RF in diagonal back right, touch point LF next to RF - (And Clap)  
5-6 Pose LF in diagonal back left, touch point RF next to LF - (And Clap)  
7-8 Pose RF fwd, touch point LF next to RF - (And Clap)

**[25 to 32] SIDE & TOUCHES L, SIDE, TOGETHER, FWD, POINT TOUCH R**

1&2& Pose LF to L, touch RF next to LF, pose RF to R, touch LF next to RF -M : 12H  
3&4 Pose LF to L, assemble RF next to LF, pose LF fwd, Touch RF next to LF

**TAG 1 : 16 counts**

**[1 to 8] WALK FWD R/L, MAMBO FWD.R, WALK BACK L/R, COASTER STEP.L - M :12H**

1 – 2 Pose RF fwd, pose LF fwd  
3 & 4 Pose RF fwd, return on hold on LF, pose RF back  
5 – 6 Pose LF back, pose RF back  
7 & 8 Pose ball LF back, pose ball RF next to LF, cross LF front of RF

**[9 to 16] WALK FWD R/L, TRIPLE RIGHT, LEFT SIDE POINT, RIGHT SIDE POINT, LEFT KICK BALL POINT RIGHT**

1 – 2 RF walk fwd, LF walk fwd M : 12H  
3&4 Triple Step RF (R-L-R)  
5&6& Point LF to L and Point RF to R,  
7&8 Kick LF fwd & LF next to RF on Ball, RF Touch next to LF

**TAG 1 : 1 x 16 counts at : 12 H / TAG 2 : 2 x 16 counts at :12H**

**TAG 3 : 2 x 16 counts at 6th Wall at 6H + Final that takes back TAG 3 of 16 counts  
Inverse the Triple in ½ Turn to the Left at 12H (See below)**

**FINAL**

**WALK FWD R/L, TRIPLE RIGHT ½ TURN LEFT, LEFT SIDE POINT, RIGHT SIDE POINT, LEFT KICK BALL POINT RIGHT**

- 1 – 2                RF walk fwd, LF walk fwd - M :6H
- 3&4                Triple Step RF ½ Turn to Left (R-L-R) - M :12H
- 5&6&              Point LF to L and Point RF to R,
- 7&8                Kick LF fwd & LF next to RF on Ball, RF Touch next to LF - Salute

**NTA MEMBER : 10149**

**Conventions : R = right, L = left, RF = right foot, LF = left foot, BW = balance weight**

**Contact : laceve.83@gmail.com**

**Blog : <https://leseveryoung.wordpress.com/>**

**YouTube : [https://www.youtube.com/channel/UCDUWJGm39h1I\\_95fOcQKVYA](https://www.youtube.com/channel/UCDUWJGm39h1I_95fOcQKVYA)**

**Facebook : <https://www.facebook.com/marieodileleseveryoung>**

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