

Best Day!

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Stephen Paterson (AUS)
音乐: The Best Day - George Strait



Timing throughout dance is 1,hold,3,hold &5,6,7,8

ROCK, HOLD, RECOVER, HOLD, AND CROSS, OUT, CHANGE, CROSS

- 1-2 Step forward onto left, hold
- 3-4 Rock back onto right in place, hold
- &5 Step slightly back onto left (&), cross right over left
- 6-7-8 Step left out to side, rock onto right in place, cross left over right

QUARTER, HOLD, HALF, HOLD, AND HALF, FORWARD, HALF, QUARTER

- 9-10 Turning quarter left step back onto right, hold
- 11-12 Turning half left step forward onto left, hold
- &13 Step forward onto right (&), pivot half left finishing with weight over left
- 14-15-16 Step forward onto right, turning half right step back onto left, turning quarter right, step right out to side

ROCK, HOLD, RECOVER, HOLD, AND CROSS, SIDE, BEHIND, SIDE

- 17-18 Step left over right on 45, hold
- 19-20 Rock back onto right in place, hold
- &21 Step left out to side (&), step right across in front of left
- 22-23-24 Step left out to side, step right behind left, step left out to side

ROCK, HOLD, RECOVER, HOLD, AND CROSS, SIDE, BEHIND, QUARTER

- 25-26 Step right over left on 45, hold
- 27-28 Rock back onto left in place, hold
- &29 Step right out to side (&), step left across in front of right
- 30-31-32 Step right out to side, step left behind right, turning quarter right step forward onto right

SWAY FORWARD, BACK, AND PUSH, HALF, WALK, WALK

- 33-34 Step forward onto left, hold
- 35-36 Recover back onto right in place, hold
- &37 Step forward onto left in place (&), pushing off with left recover onto right in place starting half turn left
- 38-39-40 Finishing half turn step forward onto left, step forward right, step forward left

SWAY FORWARD, BACK, AND PUSH, HALF, WALK, WALK

- 41-42 Step forward onto right, hold
- 43-44 Recover back onto left in place, hold
- &45 Step forward onto right in place (&), pushing off with right recover onto left in place starting half turn right
- 46-47-48 Finishing half turn step forward onto right, step forward left, step forward right

ROCK, HOLD, RECOVER, HOLD, AND QUARTER, FORWARD, HALF, FORWARD

- 49-50 Step left out to side, hold
- 51-52 Recover onto right in place, hold
- &53 Step left behind right (&), turning quarter right step forward onto right
- 54-55-56 Step forward onto left, pivot half turn to right finishing with weight over right, step forward onto left

ROCK, HOLD, RECOVER, HOLD, AND QUARTER, FORWARD, HALF, QUARTER

- 57-58 Step right out to side, hold
59-60 Recover onto left in place, hold
&61 Step right behind left (&), turning quarter left step forward onto left
62-63-64 Step forward onto right, pivot half turn to left finishing with weight over left, turning quarter left step right out to side

REPEAT

TAGS:

Dance two sequences of dance (end up facing the starting wall) then add the next 12 counts:

- 1-4 Step forward onto left, hold, rock back onto right in place, turning half left step forward onto left
5-8 Step forward onto right, hold, rock back onto left in place, turning half right step forward onto right
9-10 Step forward onto left, pivot half turn right finishing with weight over right
11-12 Step forward onto left, pivot half turn right finishing with weight over right

Dance two more sequences of dance (end up facing the starting wall) then add the next four counts:

- 1-2 Step forward onto left, pivot half turn right finishing with weight over right
3-4 Step forward onto left, pivot half turn right finishing with weight over right

Dance the next sequence up to count 32, hold for four counts, then carry on from 33 to end of music.
