

The Best Day

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Andy Williams (USA)
音乐: 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