

The Best Days

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Maggie Gallagher (UK) - August 2012
音乐: Best Days of Your Life - Kellie Pickler : (amazon)



Intro: 64 counts (30 secs)

Restarts: -

Wall 2 after 40 counts [6:00]

Wall 5 after 48 counts [9:00]

S1: STEP SIDE R, CROSS ROCK L/ RECOVER, CHASSE L, CROSS ROCK R, RECOVER, ¼ CHASSE R

1-2-3 Step right to right side, Cross rock left over right, Recover on right
4&5 Step left to left side, Step right next to left, Step left to left side
6-7 Cross rock right over left, Recover on left
8&1 Step right to right side, Step left next to right, ¼ right stepping forward on right [3:00]

S2: FWD L, ½ PIVOT R, STEP L, SWEEP R, CROSS R, BACK L, SIDE R

2-3 Step forward on left, ½ pivot right [9:00]
4-5 Step forward on left, Ronde sweep right from back to front
6-7-8 Cross right over left, Step back on left, Step right to right side

S3: CROSS L, SWEEP R, CROSS R, BACK L, ROCK BACK R/ RECOVER, ½ SHUFFLE L

1-2 Cross left over right, Ronde Sweep right from back to front,
3-4 Cross right over left, Step back on left
5-6 Rock back on right, Recover on left
7&8 ½ left stepping back on right, Step left next to right, Step back on right [3:00]

S4: ROCK BACK L/ RECOVER R, ½ SHUFFLE R, ROCK BACK R/ RECOVER, CROSS R, POINT L

1-2 Rock back on left, Recover on right
3&4 ½ right stepping back on left, Step right next to left, Step back on left [9:00]
5-6 Rock back on right, Recover on left
7-8 Cross right over left, Point left to left side

S5: CROSS L, HITCH R, JAZZ BOX CROSS, SWAY R, BUMP L HITCH

1-2 Cross left over right, Ronde hitch right knee
3-4 Cross right over left, Step back on left,
5-6 Step right to right side, Cross left over right
7-8 Sway right , Bump left to left side hitching right knee across left *Restart Wall 2

S6: SIDE R, L BEHIND R, ¼ R, FWD L, ½ PIVOT R, ¼ R STEP L, R BEHIND L, SIDE L

1-2 Step right to right side, Cross left behind right
3-4 ¼ right stepping forward on right, Step forward on left [12:00]
5-6 ½ pivot right, ¼ right stepping left to left side [9:00]
7-8 Cross right behind left, Step left to left side ** Restart Wall 5

S7: R CROSSING SHUFFLE, L SIDE ROCK/ RECOVER, L CROSSING SHUFFLE, R SIDE ROCK/ RECOVER

1&2 Cross right over left, Step left to left side, Cross right over left
3-4 Rock left to left side, Recover on right
5&6 Cross left over right, Step right to right side, Cross left over right
7-8 Rock right to right side, Recover on left

S8: R SAILOR, L SAILOR, JAZZ BOX CROSS

1&2	Cross right behind left, Step left to left side, Step right to right side
3&4	Cross left behind right, Step right to right side, Step left to left side
5-6	Cross right over left, Step back on left,
7-8	Step right to right side, Cross left over right

Special Thanks To Michal Smal For Suggesting The Music
