

# Best Day of My Life

COPPER KNOB  
STEPSHEETS

拍数: 48                      墙数: 4                      级数: Improver  
编舞者: Jonathan Williamson (UK) - March 2014  
音乐: Best Day of My Life - American Authors : (Album: Oh, What A Life)



Start dance count 16 beats from beginning of track (9 seconds)

## SIDE SHUFFLE, CROSS SHUFFLE, SIDE SHUFFLE, ROCK RECOVER

1&2                      Step right to right side, step left besides right, step right to right side  
3&4                      Cross left over right, step right to right side, cross left over right  
5&6                      Step right to right side, step left besides right, step right to right side  
7-8                      Rock back on left, recover weight on right

## ¼ TURN, ½ TURN, ½ SHUFFLE, ROCKING CHAIR FORWARD AND BACK

1-2                      ¼ turn left stepping forward left, ½ turn left stepping back right  
3&4                      ½ turn left stepping forward left, step right besides left, step forward left  
5-6                      Rock forward right recover weight back on left  
7-8                      Rock back right, recover weight forward on left

## CROSS ROCK, RECOVER, CHASSE X2

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

## SYNCAPATED WEAVE, ROCK, RECOVER, BEHIND, SIDE CROSS

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

## ROCK, RECOVER, SHUFFLE HALF, FULL TURN IN 2, FORWARD SHUFFLE

1-2                      Rock forward right, recover weight back on left  
3&4                      ½ turn right stepping forward right, step left besides right, step forward right  
5-6                      ½ turn right stepping back left, ½ turn right stepping forward right  
7&8                      Step forward left, step right besides left, step forward left

## ROCK AND CROSS X2, SWAY X4

1&2                      Rock right to right side, recover weight on left, cross right over left  
3&4                      Rock left to left side, recover weight back on right, cross left over right  
5-6                      Step right to right side swaying hips right, sway hips left  
7-8                      Sway hips right, sway hips left

Restarts: After 46 count of wall 3 restart the dance.

Ending: Wall 7 you only dance the first 16 steps.

Change step 15 to be a ½ turn stepping forward right, hold 1 beat step 16 to finish.

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