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| The Best Days Of My Life |  |

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| . | | | | | | |
| **拍數:** | 96 | **牆數:** | 2 | **級數:** | Phrased Intermediate | . |
| **編舞者:** | Marie-Odile Jélinek (FR) - June 2020 | | | | |
| **音樂:** | 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**

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| --- | --- |
|  | PIVOT 1/2 TURN TWICE R - STEP - COASTER STEP |

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| --- | --- |
| 1 – 2 | RF pose fwd – LF pose fwd - M : 12H |

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| --- | --- |
| 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 |

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| --- | --- |
| 5 – 6 | Pose heel RF fwd, pivot 1/4 to R on this heel while stomping ground and resume BW on LF - M : 6H |

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| --- | --- |
| 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 |

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| --- | --- |
| 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 |

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| --- | --- |
| 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 toLF |

**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 |

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| --- | --- |
| 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/UCDUWJGm39h1l\_95fOcQKVYA**

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