

The Best Days Of My Life

COPPER KNOB
STEPPERS

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**

- PIVOT 1/2 TURN TWICE R - STEP - COASTER STEP
- 1 – 2 RF pose fwd – LF pose fwd - M : 12H
- 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
- 5 – 6 Pose heel RF fwd, pivot 1/4 to R on this heel while stomping ground and resume BW on LF - M : 6H
- 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
- 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

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 to LF

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
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

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Conventions : R = right, L = left, RF = right foot, LF = left foot, BW = balance weight

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