

Best Day Ever

COPPERKNOB
STEPSHEETS

拍數: 56 牆數: 0 級數: Phrased Advanced
編舞者: Sabine Kupferschmid (CH) & Priska Staud (CH) - March 2025
音樂: Best Day Ever - Sly & The Family Stallone



Intro 16 Counts Part A 16 Counts, Part B 24 Counts, C 16 Counts, Tag 2 Counts

Intro – A – A – B – C – C – Intro – A – A – B – C – C – Intro – B – Tag – C – C

* Tag 2 Counts Put R next to L & clapp hands, clapp hands

Intro

Sect 1 DIAGONAL ROCK RECOVER, BEHIND SIDE CROSS, DIAGONAL ROCK RECOVER, BEHIND SIDE CROSS

1 – 2 Diagonal rock R - Recover on L
3 & 4 Cross R behind L – Side step L – Cross R in front of L
5 – 6 Diagonal rock L - Recover on R
7 & 8 Cross L behind R – Side step R – Cross L in front of R

Sect 2 STEP ½ TURN, STEP ½ TURN, LONGSTEP SLIDE, LONGSTEP SLIDE

1 – 2 Step forward R – ½ turn left and put the weight on the left
3 – 4 Step forward R – ½ turn left and put the weight on the left
5 – 6 Longstep R diagonal forward slide L towards R
7 – 8 Longstep L diagonal forward slide R towards L

Part A: 16c

Sect 1 STOMP UP, STOMP ¼ TURN KICK, COASTER STEP, ½ TURN, ¼ TURN TOUCH, KICK BALL CROSS

& 1 – 2 Stomp up R next to L – Stomp R to the R – ¼ turn Kick L over the left shoulder
3 & 4 Step back L – Step back R to the L – Step forward L
5 – 6 ½ turn step back R over the left shoulder – ¼ turn touch L next to R over the left shoulder
7 & 8 Kick L – Step L – Cross R over L

Sect 2 OUT, STOMP, STEP BACK, COASTER STEP, SHUFFLE, KICK ½ TURN FLICK

& 1 – 2 Diagonal step out L – Stomp side R – Step L back to the center
3 & 4 Step back R – Step L next to R – Step forward R
5 & 6 Step forward L – Close R behind L – Step forward L
7 – 8 Kick R – ½ turn over the left shoulder flick R

Part B: 24c

Sect 1 SIDE, BEHIND, HEEL, CROSS, ¼ TURN, ½ TURN, ¼ SHUFFLE TURN

1 – 2 & Step side R – Cross L behind R – Step side R
3 & 4 Heel L – Put wight on the L – Cross R over L
5 – 6 ¼ turn over the right shoulder step back L – ½ turn step forward R
7 & 8 ¼ turn over the right shoulder step side L – Close R next to L – Step side L

Sect 2 BACK ROCK, RECOVER, KICK BALL CHANGE DIAGONAL, STEP, STEP, KICK BALL CHANGE DIAGONAL

1 – 2 Diagonal step back R – Recover on L
3 & 4 Kick diagonal R – Step R – Step forward L
5 – 6 Step forward R – Step forward L
7 & 8 Kick diagonal R – Step R – Step forward L

Sect 3 SIDE ROCK, RECOVER, HITCH, SCISSOR STEP, POINT L, POINT R, DOUBLE KICK R

- 1 – 2 Step side R – Recover on L and lift the right foot next to the left knee
- 3 & 4 Step side R – Step L next to R – Cross R over L
- 5 & 6 Point L – put L next to R – Point R
- 7 – 8 Kick R – Kick R

Part C: 16c

Sect 1 2 x JUMP, JUMP ¼ TURN, ¼ HEEL TURN, JUMPING BACK ROCK RECOVER, WALK, WALK

- 1 – 2 Jumping to the right with both feet – Jumping to the left with both feet
- 3 – 4 Jump to the right with both feet – ¼ turn over the right shoulder put weight back on L and R heel forward
- 5 – 6 Jumping back rock R – Recover to L
- 7 – 8 Step forward R cross over L – Step forward L cross over R

Sect 2 RUMBA BOX, 2 x SCOOT BACK WITH TOUCH, BACK ROCK, TOUCH IN FRONT, STEP

- & 1 – 2 Step side to R with the right foot – Step L next to R – Step forward R
 - & 3 – 4 Step side to L with the left foot – Step R next to L – Step back L
 - 5 – 6 Scoot back L with touch R back – Scoot back L with touch R back
 - 7 – 8 Jumping back R with touch L in front – Recover to L
-