

Best Day!

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Stephen Paterson (AUS)
音樂: The Best Day - George Strait



Timing throughout dance is 1,hold,3,hold &5,6,7,8

ROCK, HOLD, RECOVER, HOLD, AND CROSS, OUT, CHANGE, CROSS

1-2 Step forward onto left, hold
3-4 Rock back onto right in place, hold
&5 Step slightly back onto left (&), cross right over left
6-7-8 Step left out to side, rock onto right in place, cross left over right

QUARTER, HOLD, HALF, HOLD, AND HALF, FORWARD, HALF, QUARTER

9-10 Turning quarter left step back onto right, hold
11-12 Turning half left step forward onto left, hold
&13 Step forward onto right (&), pivot half left finishing with weight over left
14-15-16 Step forward onto right, turning half right step back onto left, turning quarter right, step right out to side

ROCK, HOLD, RECOVER, HOLD, AND CROSS, SIDE, BEHIND, SIDE

17-18 Step left over right on 45, hold
19-20 Rock back onto right in place, hold
&21 Step left out to side (&), step right across in front of left
22-23-24 Step left out to side, step right behind left, step left out to side

ROCK, HOLD, RECOVER, HOLD, AND CROSS, SIDE, BEHIND, QUARTER

25-26 Step right over left on 45, hold
27-28 Rock back onto left in place, hold
&29 Step right out to side (&), step left across in front of right
30-31-32 Step right out to side, step left behind right, turning quarter right step forward onto right

SWAY FORWARD, BACK, AND PUSH, HALF, WALK, WALK

33-34 Step forward onto left, hold
35-36 Recover back onto right in place, hold
&37 Step forward onto left in place (&), pushing off with left recover onto right in place starting half turn left
38-39-40 Finishing half turn step forward onto left, step forward right, step forward left

SWAY FORWARD, BACK, AND PUSH, HALF, WALK, WALK

41-42 Step forward onto right, hold
43-44 Recover back onto left in place, hold
&45 Step forward onto right in place (&), pushing off with right recover onto left in place starting half turn right
46-47-48 Finishing half turn step forward onto right, step forward left, step forward right

ROCK, HOLD, RECOVER, HOLD, AND QUARTER, FORWARD, HALF, FORWARD

49-50 Step left out to side, hold
51-52 Recover onto right in place, hold
&53 Step left behind right (&), turning quarter right step forward onto right
54-55-56 Step forward onto left, pivot half turn to right finishing with weight over right, step forward onto left

ROCK, HOLD, RECOVER, HOLD, AND QUARTER, FORWARD, HALF, QUARTER

- 57-58 Step right out to side, hold
59-60 Recover onto left in place, hold
&61 Step right behind left (&), turning quarter left step forward onto left
62-63-64 Step forward onto right, pivot half turn to left finishing with weight over left, turning quarter left step right out to side

REPEAT

TAGS:

Dance two sequences of dance (end up facing the starting wall) then add the next 12 counts:

- 1-4 Step forward onto left, hold, rock back onto right in place, turning half left step forward onto left
5-8 Step forward onto right, hold, rock back onto left in place, turning half right step forward onto right
9-10 Step forward onto left, pivot half turn right finishing with weight over right
11-12 Step forward onto left, pivot half turn right finishing with weight over right

Dance two more sequences of dance (end up facing the starting wall) then add the next four counts:

- 1-2 Step forward onto left, pivot half turn right finishing with weight over right
3-4 Step forward onto left, pivot half turn right finishing with weight over right

Dance the next sequence up to count 32, hold for four counts, then carry on from 33 to end of music.
