

The Best Day

拍數: 32 牆數: 4 級數: Improver
編舞者: Andy Williams (USA)
音樂: Best Day of My Life - Jesse McCartney



Start on vocals, 8 counts in.

SIDE, TOGETHER, SIDE, TOGETHER, CROSS, TURN ¼, TURN ½, SHUFFLE

1-2 Step side right, step left next to right.
3&4 Step right to side, step left next to right, cross right over left.
5-6 Step back on left, turning ¼ right, step forward on right turning ½ right.
7&8 Step right forward, step left behind right, step right forward.

SHUFFLE FORWARD, HEEL AND TOUCH, COASTER STEP, ROCK, RECOVER, ¼ TURN

1&2 Step right forward, bring left behind right, step right forward.
3&4 Present left heel forward, step down on left, touch right toe behind left.
5&6 Step right back, step left next to right, step right forward.
7&8 Rock forward left, recover weight to right turning ¼ right step left across right.

MAMBO CROSS X 2, STEP FORWARD ON DIAGONAL HIP GRIND COUNTER CLOCKWISE.

1&2 Rock right to side, recover to left, step right across left.
3&4 Rock left to side, recover to right, step left across right.
5-8 Step forward on diagonal (1 o'clock) grind hips CCW for 4 counts. Weight should end on left.

STEP TURNING ¼ X 2, COASTER STEP, ROCK FORWARD RECOVER, COASTER

1-2 Turning ¼ right step forward on right, step back on left turning ¼ right.
3&4 Step back right, step left next to right, step forward right.
5-6 Rock left forward, recover weight to right.
7&8 Step back left, step right next to left, step forward on left.
Styling Note: When doing the coasters, (3&4, 7&8) when you step forward to finish the coaster steps bend the knee a little more than normal make it a dip forward with attitude.

End of Dance Hope you enjoy, No Tags or Restarts.