

# The Best Day

**COPPER KNOB**  
STEPSHEETS

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.