

My Best Days

COPPERKNOB
BY STEPHEN BATES

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Pat Stott (UK) - April 2010
音樂: My Best Days Are Ahead of Me - Danny Gokey



Start on vocals (32 counts, 16 seconds) No tags or restarts, does not phrase

Rock forward, recover, turn ½ turn right and step forward, ½ turn right and step back, ½ turn right and step forward, rock forward, recover, coaster step

1 – 2 Rock forward on right, recover onto left
3&4 Turn ½ right and step forward on right, turn ½ right and step back on left, turn ½ right and step forward on right (Easier option: ½ shuffle turn right) - (6 O'clock)
5-6 Rock forward on left, recover onto right
7&8 Step back on left, close right to left, step forward on left

Side switches, heel switches, heel, hook, shuffle forward

1&2 Point right to right, close right to left, point left to left
&3&4 Close left to right, right heel forward, close right to left, left heel forward
&5,6 Close left to right, right heel forward, hook right in front of left,
7&8 Step forward on right, close left to right, step forward on right

Rock forward on left, recover onto right, full triple turn left, rock forward on right, recover on left, Triple ¾ turn right

1-2 Rock forward on left, recover on right
3&4 Full triple turn left – left, right, left (Easier option : coaster step)
5-6 Rock forward on right, recover on left
7&8 Triple ¾ right – right, left, right (3 O'clock)

Cross rock, chasse left, cross, side, rock back, recover

1-2 Cross left over right, recover onto right
3&4 Step left to left, close right to left, step left to left
5-6 Cross right over left, step left to left
7-8 Rock back on right, recover onto left

Modified Monterey full turn right, side, recover, cross shuffle

1-2 Point right to right, hold
3-4 weight on left turn full turn right, close right to left
5-6 Rock left to left, recover onto right
7&8 Cross left over right, step right to right, cross left over right

Easier option for steps 1 - 4: point right to right, hold (1-2), close right to left (&), point left to left, hitch left knee towards right knee (3-4)

¾ turn left, shuffle forward, rock forward, recover, step back on left, cross right over left

1-2 Turn ¼ left and step back on right, turn ½ left and step forward on left(6 O'clock)
3&4 Step forward on right, close left to right, step forward on right
5-6 Rock forward on left, recover onto right
7-8 Turn body to face left diagonal and step back on left, cross right over left

Step back on left, step back on right, cross left over right, step back on right, ronde and sweep left behind right, Unwind ¾ turn left, kick ball step

1-2 Straighten up to 6 O'clock and step back on left, turn body to right diagonal and step back on right
3-4 Cross left over right, straighten up to 6 O'clock and step back on right

5-6 Ronde and sweep left toe behind right, turn $\frac{3}{4}$ to left (weight on left)- (9 o'clock)
7&8 Kick right forward, step onto ball of right, step forward on left

End of Music: Facing 12 O'clock dance the Monterey turn (section 5 steps 1-8), then large step to right, slide left towards right & pose!

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