

# On My Best Days

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Lorna Mursell (UK) & Roz Chaplin (UK) - September 2012  
音樂: On My Best Days - Gord Bamford : (CD: Is It Friday Yet)



## Start on Vocals

### SIDE ROCK, SHUFFLE FORWARD, FORWARD ROCK, STEP LOCK STEP

1-2      Rock right to right side, recover onto left  
3&4      Step forward on right, step left beside right, step forward on right  
5-6      Rock forward on left, recover on right  
7&8      Step forward Left, lock right behind left, step forward left

### FORWARD ROCK, SHUFFLE ¼ TURN, FORWARD ROCK, COASTER STEP

1-2      Rock forward on right, recover on left  
3&4      Shuffle ¼ right, stepping right, left, right (3)  
5-6      Rock forward on left, recover on right  
7&8      Step back on to left, step right beside left, step forward left

### Restart Here Wall 5 ( facing 3'0 clock)

### ¼ TURNING TOE STRUT, PIVOT ¼ CROSS, SIDE, TOGETHER, SHUFFLE BACK

1-2      Make ¼ turn right touching right toe to right side, drop right heel (taking weight) (6)  
3&4      Step forward on left, pivot ¼ turn, cross left over right (9)  
5-6      Step right to right side, close left beside right  
7&8      Step back on right, step left beside right, step back right

### ROCK BACK, KICKBALL CHANGE, FORWARD ROCK, BACK ROCK, HOLD

1-2      Rock back on to left, recover on to right  
3&4      Kick left forward, step left beside right, step right in place  
5-6      Rock forward on to left, recover on to right  
7-8      Rock back on to left, Hold

### TAG: 4 Count Tag End of Wall 1 & 3

### SIDE, TOUCH, SIDE, TOUCH

1-2      Step right to right side, touch left beside right  
3-4      Step left to left side, touch right beside left

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