

# 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