

Best Day of My Life

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Improver
編舞者: Jonathan Williamson (UK) - March 2014
音樂: Best Day of My Life - American Authors : (Album: Oh, What A Life)



Start dance count 16 beats from beginning of track (9 seconds)

SIDE SHUFFLE, CROSS SHUFFLE, SIDE SHUFFLE, ROCK RECOVER

1&2 Step right to right side, step left besides right, step right to right side
3&4 Cross left over right, step right to right side, cross left over right
5&6 Step right to right side, step left besides right, step right to right side
7-8 Rock back on left, recover weight on right

¼ TURN, ½ TURN, ½ SHUFFLE, ROCKING CHAIR FORWARD AND BACK

1-2 ¼ turn left stepping forward left, ½ turn left stepping back right
3&4 ½ turn left stepping forward left, step right besides left, step forward left
5-6 Rock forward right recover weight back on left
7-8 Rock back right, recover weight forward on left

CROSS ROCK, RECOVER, CHASSE X2

1-2 Cross right over left, recover weight back on left
3&4 Step right to right side, step left besides right, step right to right side
5-6 Cross left over right, recover weight back on right
7&8 Step left to left side, step right besides left, step left to left side

SYNCAPATED WEAVE, ROCK, RECOVER, BEHIND, SIDE CROSS

1-2 Cross right over left, step left to left side
3&4 Step right behind left, step left to left side, cross right over left
5-6 Rock left to left side, recover weight back on right
7&8 Step left behind right, step right to right side, cross left over right

ROCK, RECOVER, SHUFFLE HALF, FULL TURN IN 2, FORWARD SHUFFLE

1-2 Rock forward right, recover weight back on left
3&4 ½ turn right stepping forward right, step left besides right, step forward right
5-6 ½ turn right stepping back left, ½ turn right stepping forward right
7&8 Step forward left, step right besides left, step forward left

ROCK AND CROSS X2, SWAY X4

1&2 Rock right to right side, recover weight on left, cross right over left
3&4 Rock left to left side, recover weight back on right, cross left over right
5-6 Step right to right side swaying hips right, sway hips left
7-8 Sway hips right, sway hips left

Restarts: After 46 count of wall 3 restart the dance.

Ending: Wall 7 you only dance the first 16 steps.

Change step 15 to be a ½ turn stepping forward right, hold 1 beat step 16 to finish.

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Last Update - 20th March 2014