

# Best Day Of My Life

**COPPER KNOB**  
BY STEPHEN

拍數: 48      牆數: 2      級數: Improver  
編舞者: Hayley Wheatley (UK) - July 2014  
音樂: Best Day of My Life - American Authors : (Album: Oh, What A Life)



Intro:- 16 count - Tag: On wall 3 add 2 beat Tag then Restart.

## **SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, COASTER ¼ TURN,**

1-2            Rock left foot to left side, recover onto right foot  
3&4           Cross left foot over right, step right to right side, cross left foot over right  
5-6           Rock right foot to right side, recover onto left  
7&8           Coaster step right, left, right while making ¼ turn right (3:00)

## **STEP, PIVOT ½ TURN, SHUFFLE, ROCKING CHAIR STEP, STEP PIVOT ¼ TURN**

1-2            Step forward on left, pivot ½ turn right (9:00)  
3&4           Step forward on left foot, step right foot next to left, step forward on left foot  
5&6&         Rock forward on right foot, recover onto left, rock back on right foot, recover onto left  
7-8           Step forward on right foot, pivot ¼ turn left (6:00)

## **WALK FORWARD, HEEL BALL STEP X2 MAKING ¼ TURN, ROCK FORWARD, RECOVER**

1-2            Step forward on right foot, step forward on left foot  
3&4           Tap right heel forward, step right foot next to left, step onto left foot making 1/8 turn left  
5&6           Tap right heel forward, step right foot next to left, step onto left foot making 1/8 turn left (3:00)  
7-8           Rock forward on right foot, recover onto left

## **SHUFFLE BACK, ROCK BACK, RECOVER, ROCKING CHAIR STEP, STEP PIVOT ¼ TURN,**

1&2           Step back on right foot, step left next to right, step back on right foot  
3-4           Rock back on left foot, recover onto right  
5&6&         Rock forward on left foot, recover onto right, rock back on left foot, recover onto right  
7-8           Step forward on left foot, pivot ¼ turn right (6:00)

## **ROCK, RECOVER, ½ TURN WALK, ROCK RECOVER, SHUFFLE BACK**

1 -2           Rock forward onto left foot, recover onto right  
3-4           Step forward onto left foot making ½ turn over left shoulder, step forward onto right (12:00)  
5-6           Rock forward onto left foot, recover onto right  
7&8           Step back on left foot, step right foot next to left, step back on left foot

## **SHUFFLE ½ TURN, SIDE ROCK, RECOVER, JAZZ BOX**

1&2           Step back on right foot making ¼ turn right, step left next to right, step forward on right foot making ¼ turn right  
3-4           Rock left foot to left side, recover onto right  
5-6           Cross left foot over right, step back on right foot  
7-8           Step left foot to left side, step forward onto right foot.

Tag: During wall 3 after count 44

1-2           Stomp left foot forward, stomp right foot forward then restart the dance again.

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