

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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