|  |  |
| --- | --- |
| Best Day of My Life |  |

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| . |
| **Count:** | 48 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Jonathan Williamson (UK) - March 2014 |
| **Music:** | 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**