Best Days



Count: 64 Wall: 4 Level: Phrased Intermediate

Choreographer: Annika Domke (DE)

Music: Best Days - Anastacia



Sequence: AAA ABB* AAB BTagB BBB

Start the dance after 16 counts

Part A: 32 counts

A1 Double-Step-Touch, 2x Step-Touch

1 2 3 4 Rf step to right side, Lf close beside Rf, Rf step to right side, Lf touch beside Rf Lf step to left side, Rf touch beside LF, Rf step to right side, Lf touch beside Rf

A2 Grapevine, 3-Step-Turn

1 2 3 4 Lf step to left side, Rf cross behind Lf, Lf step to left side, Rf touch beside Lf

5 6 7 8 ½ turn right Rf step forward, ¼ turn right Lf step to left side, 5/8 turn right Rf step to right side,

Lf touch beside Rf facing 1:00

A3 Jazzbox ¼ turn, Rocking Chair

1 2 3 4 Lf forward cross Rf, ¼ turn left step Rf back, 1/8 turn left step Lf to left side, step Rf forward

facing 9:00

5 6 7 8 Lf step forward, recover weight on Rf, Lf step backward, recover weight on Rf

A4 Double-Step-Touch, 2x Step-Touch

1 2 3 4 Lf step to left side, Rf close beside Lf, Lf step to left side, Rf touch beside Lf

Fig. 5 6 7 8 Rf step to right side, Lf touch beside Rf, Lf step to left side, Rf touch beside Lf

Part B (32 counts)

B1 Chasse 1/8, cross-side, Sailor-Step, cross-side

1&2 3 4 Rf step to right side, Lf close beside Rf, 1/8 turn right Rf to right side, Lf step forward, ¼ turn

left Rf step to right side

5&6 7 8 Lf cross behind Rf, step Rf to right side, step Lf slightly to left side, 1/8 turn left step Rf

forward, step Lf to left side

B2 2x Sailor-Step, turn, Mambo-Side

1&2 3&4 Rf cross behind Lf, Lf step to left side, step Rf slightly to right side, Lf cross behind Rf, step Rf

to right side, step Lf slightly to left side

5 6 7 8 1/4 turn right step Rf forward, 3/4 turn right close Lf beside Rf, Rf to right side, recover weight

on Lf, Rf close beside Lf

Alternative: only turn a half turn, but notice, that in this case you'll change the turn of the choreo for part B to right

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B* dance only B1 and B2

B3 Step Step ½ turn left, Chasse, 2x Cross Point fwd

1 2 3&4 Step Lf forward, step Rf fwd ½ turn to left, Lf to left side, Rf close beside Lf, Lf to left side

5 6 7 8 Rf cross over Lf, Lf point to left side, Lf cross over Rf, Rf point to right side

B4 Jazzbox ¼ right with Chasse, V-Step with Coaster Step

1 2 3&4 Rf cross over Lf, Lf back and ¼ turn to right, Rf to right side, Lf close beside Rf, Rf to right

side

5 6 7&8 Lf diagonal fwd, Rf diagonal fwd, Lf step back, Rf close beside Lf(&), Lf step forward

Tag 24 counts

T1 Double-Step-Touch, 2x Step-Touch

1 2 3 4	Rf step to right side, Lf close beside Rf, Rf step to right side, Lf touch beside Rf
5678	Lf step to left side, Rf touch beside LF, Rf step to right side, Lf touch beside Rf

T2 Double-Step-Touch, 2x Step-Touch

1234	Lf step to left side, Rf close beside Lf, Lf step to left side, Rf touch beside Lf
5678	Rf step to right side, Lf touch beside Rf, Lf step to left side, Rf touch beside Lf

T3 2x Rocking Chair

1 2 3 4	Rf step forward, recover weight on Lf, Rf step backward, recover weight on Lf
5678	Rf step forward, recover weight on Lf, Rf step backward, recover weight on Lf