

My Best Days

56 Count, 4 Wall, Intermediate

Choreographer: Pat Stott (UK) April 2010

Choreographed to: My Best Days Are Ahead Of Me by
Danny Gokay

Start on vocals (32 counts, 16 seconds)

- 1. Rock forward, recover, turn ½ turn right and step forward, ½ turn right and step back, ½ turn right and step Forward, rock forward, recover, coaster step**
1 – 2 Rock forward on right, recover onto left
3&4 Turn ½ right and step forward on right, turn ½ right and step back on left, turn ½ right and step forward on right (**Easier option:** ½ shuffle turn right) - (6 O'clock)
5-6 Rock forward on left, recover onto right
7&8 Step back on left, close right to left, step forward on left
- 2. Side switches, heel switches, heel, hook, shuffle forward**
1&2 Point right to right, close right to left, point left to left
&3&4 Close left to right, right heel forward, close right to left, left heel forward
&5,6 Close left to right, right heel forward, hook right in front of left,
7&8 Step forward on right, close left to right, step forward on right
- 3. Rock forward on left, recover onto right, full triple turn left, rock forward on right, recover on left, Triple ¾ turn right**
1-2 Rock forward on left, recover on right
3&4 Full triple turn left – left, right, left (**Easier option** : coaster step)
5-6 Rock forward on right, recover on left
7&8 Triple ¾ right – right, left, right (3 O'clock)
- 4. Cross rock, chasse left, cross, side, rock back, recover**
1-2 Cross left over right, recover onto right
3&4 Step left to left, close right to left, step left to left
5-6 Cross right over left, step left to left
7-8 Rock back on right, recover onto left
- 5. Modified Monterey full turn right, side, recover, cross shuffle**
1-2 Point right to right, hold
3-4 weight on left turn full turn right, close right to left
5-6 Rock left to left, recover onto right
7&8 Cross left over right, step right to right, cross left over right
Easier option for steps 1 - 4: point right to right, hold (1-2), close right to left (&), point left to left, hitch left knee towards right knee (3-4)
- 6. ¾ turn left, shuffle forward, rock forward, recover, step back on left, cross right over left**
1-2 Turn ¼ left and step back on right, turn ½ left and step forward on left (6 O'clock)
3&4 Step forward on right, close left to right, step forward on right
5-6 Rock forward on left, recover onto right
7-8 Turn body to face left diagonal and step back on left, cross right over left
- 7. Step back on left, step back on right, cross left over right, step back on right, ronde and sweep left behind right, Unwind ¾ turn left, kick ball step**
1-2 Straighten up to 6 O'clock and step back on left, turn body to right diagonal and step back on right
3-4 Cross left over right, straighten up to 6 O'clock and step back on right
5-6 Ronde and sweep left toe behind right, turn ¾ to left (weight on left)- (9 o'clock)
7&8 Kick right forward, step onto ball of right, step forward on left

End of Music: Facing 12 o'clock dance the Monterey turn (section 5 steps 1-8), then large step to right, slide left towards right & pose!

No tags or restarts does not phrase

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