



**Best Day of My Life** – Jonathan Williamson (UK) – March 2014  
48 Count, 4 wall Improver dance - Music: Best Day of My Life (100 BPM) – 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 left over right, 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.