

Best Day Ever

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104 Count 2 Wall Phrased Intermediate Level Dance. Choreographed by: Amy Glass (USA) Jan 2021 Choreographed to: Best Day Ever by Sly & The Family Stallone Intro: 16 Counts. Start at approx 8 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

Sequence: A, B, C, D, A, B, C, D, A*, C (+ 2 Count Hold), D

16 Counts - No Syncopation CROSS ROCK, SIDE ROCK, CROSS ROCK, SIDE ROCK, STEP HOLD Rock RF across LF, Recover weight on LF Rock RF R side, Recover weight on LF Rock RF across LF, Recover weight on LF Step RF to R side, Hold
CROSS ROCK, SIDE ROCK, RECOVER ¼ R, STEP PIVOT ½ R, PIVOT ¼ R Rock LF across RF, Recover weight on RF Rock LF to L side, Recover ¼ R on RF (3:00) Step LF fwd, Pivot ½ R weighting RF (9:00) Step LF fwd, Pivot ¼ R weighting RF (12:00) On 3rd A, dance counts 1-14, on count 15, big step to L and drag R for count 16 (keeping weight L)
32 Counts BALL ROCK RECOVER, R CROSS SHUFFLE, ½ L CROSS SHUFFLE, ½ R CROSS SHUFFLE Close LF next to RF, Rock R to Right, Recover on L (12:00) Cross R over L, Step L to L side, Cross R over L (12:00) Turn ½ L & cross L over R, Step R to R side, Cross L over R (6:00) Turn ½ R & Cross R over L, Step L to L side, Cross R over L (12:00)
¼ L BALL STEP (CLOSE), BACK, TRIPLE BACK, ½ TRIPLE L, STEP PIVOT ¼ L CROSS ¼ L stepping LF forward, Step RF next to LF, Step LF back (9:00) Triple back (R, L, R) (3&4) ½ L triple forward (L, R, L) (3:00) Step RF fwd, Pivot ¼ L weighting LF, Step RF across LF (12:00)
TAP, PRESS, RECOVER, BEHIND ¼ FORWARD, STEP PIVOT ¼ L, CHASE ½ TURN Touch LF next to RF, Press LF to L diagonal Recover RF Step LF behind, T ¼ R stepping RF fwd, Step LF fwd (3:00) Step RF fwd, Pivot ¼ T L Step LF fwd (12:00) Step RF fwd, Pivot ½ T L Stepping LF fwd, Step RF fwd (6:00)
OUT, OUT, BACK, BACK, BACK, BALL HEEL, BALL TOUCH, BALL HEEL, BALL TOUCH Step LF out to L, Step RF out to R, Step LF back Step RF back, Step LF back Step RF down, Touch L heel fwd, Step LF Down, Touch R toe next to LF Step RF down, Touch L heel fwd, Step LF Down, Touch R toe next to LF

Best Day Ever

Continues... Page 1 of 2



Best Day Ever

Continued... Page 2 of 2

PART C SEC 1 1-2 3&4 5-6 7&8	24 Counts WALK, WALK, TRIPLE FWD, STEP PIVOT ½ R, TRIPLE FWD Step RF fwd, Step LF fwd R triple forward (R, L, R) Step fwd L, Pivot ½ R weighting RF (12:00) L triple forward (L, R, L)
SEC 2 1-2 3&4 5-6 7&8	MAKING A FULL CIRCLE LEFT WALK, WALK, TRIPLE, WALK, WALK, TRIPLE, Curving ¼ L Step RF fwd, Step LF fwd, (9:00) Curving ¼ L triple forward (R, L, R) (6:00) Curving ¼ L Step LF fwd, Step RF fwd, (3:00) Curving ¼ L triple forward (L, R, L) (12:00) (**naturally over-rotate to 10:30 to transition to next step)
SEC 3 1-2 3&4& 5-6 7&8 Note	2 VAUDEVILLES, CROSS SIDE, BEHIND SIDE HEEL & CROSS SIDE, BEHIND SIDE HEEL Cross RF over LF, Step LF to side Step RF behind, Step LF to side, Touch R heel towards diagonal, Step RF down Cross LF over RF, Step RF to side Step LF behind, Step RF to side, Touch L heel towards diagonal (10:30) On the 3rd C, hold for 2 counts before continuing with part D
PART D SEC 1 &1-2 3&4 5&6 7&8	32 Counts (Starts facing 10:30 Diagonal) BALL ROCK RECOVER, R COASTER, ½ PIVOT R, SHUFFLE FWD Close LF next to RF, Rock RF forward Recover on L (10:30) Step RF back, Close LF next to RF, Step RF fwd (10:30) Step LF fwd, Pivot ½ R (4:30) Shuffle forward L, R, L (4:30)
SEC 2 1-2 3-4 5&6 7&8	PRESS, RECOVER, WITH SWEEP, BACK W/ SWEEP X 2, BACK PONY R, L Press RF fwd, Recover weight back on LF while sweeping RF from front to back Step back on RF while sweeping LF from front to back, Step back on LF while sweeping RF from front to back Step RF back while popping L knee, Step on ball of LF, Step RF back while popping L knee (4:30) *Arms optional Step LF back while popping R knee, Step on ball of RF, Step LF back while popping R knee (4:30) *Arms optional
SEC 3 &1-2 3&4 5-6 7-8	BALL STEP, FWD, ROCK & CROSS (PREP), FULL TURN L Step on ball of RF, Step fwd on LF, Step fwd on RF (10:30) Rock LF to L, Recover weight on RF, Cross LF over R (prep for upcoming turn) (6:00) Step RF back while turning ½ L (3:00) Turn ½ L stepping LF forward (9:00) Step RF fwd Pivot ½ L recovering weight to L (6:00)
SEC 4 1-2 3-4 5-8	TOE STRUT R, L, R JAZZ Touch R toe to R Diagonal, Drop Heel Touch L toe to L diagonal, Drop Heel Cross RF over LF, Step LF back, Step RF to R, Step LF fwd (6:00)



Ending

The music ends with the lyrics "BEST DAY EVER" finishing with count 31 of PART D (so don't finish the jazz box)