

Best Day Ever

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FORWARD ROCK, SIDE ROCK, BACK ROCK, STEP HOLD

SEC₁

48 Count 1 Wall Improver Level Dance.
Choreographed by: Donna Lanagan (USA) Apr 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.

SEC 1	FORWARD ROCK, SIDE ROCK, BACK ROCK, STEP HOLD
1-2	Rock RF forward recover with weight on LF
3-4	Rock RF side recover with weight on LF
5-6	Rock RF back recover with weight on LF
7-8	Step RF next to LF, hold
Restart	Here on Walls 3 & 6
SEC 2	FORWARD ROCK, SIDE ROCK, BACK ROCK, STEP HOLD
1-2	Rock LF forward recover with weight on RF
3-4	Rock LF side recover with weight on RF
5-6	Rock LF back recover with weight on RF
7-8	Step LF next to RF, hold
SEC 3	TWO WALKS FORWARD PIVOT ½ TURN
1-2	Walk forward RF LF
3-4	Step RF forward pivot ½ turn with weight on LF (6:00)
5-6	Walk forward RF LF
7-8	Step RF forward pivot ½ turn with weight on LF (12:00)
SEC 4	STOMP, STOMP, STEP BACK, BACK, HEEL TOGETHER, HEEL TOGETHER, POINT SIDE
&1	Stomp RF forward stomp LF forward
2-3	Step back on RF step back on LF
4-5	R heel touch forward, step RF next to LF
6-7	L heel touch forward, step LF next to RF
8	Point R toe to R side
SEC 5	STEP FORWARD POINT SIDE, STEP BACK POINT SIDE
1-2	Step forward RF, point LF to left side
3-4	Step forward LF, point RF to right side
5-6	Step back on RF, point LF to left side
7-8	Step back on LF, point RF to right side
Bridge	Here on Wall 7 hold for 2 counts after count 8 (big arms) continue to section 6
SEC 6	TOE STRUTS GOING BACK STARTING WITH RF
1-2	Step back on R toe, set RF heel down
3-4	Step back on L toe, set LF heel down
5-6	Step back on R toe , set RF heel down
7-8	Step back on L toe, set LF heel down
Ending	Song will end with second pivot facing front, optional end pose with a smile of course
Option	To Make This A Two Wall Dance Change $\frac{1}{2}$ Turn Pivots To $\frac{1}{4}$ Turn Pivots In SECtion 3

