Best Day Ever

Count: 104 **Wall:** 2 **Level:** Phrased Intermediate

Choreographer: Amy Glass (USA) - January 2021

Music: Best Day Ever - Sly & The Family Stallone

#16 Count Intro. Sequence: ABCD ABCD A*C (+2 count hold) D

A—16 counts - No Syncopation
[1-8] Cross Rock, Side Rock, Cross Rock, Side Rock, Step Hold
1-2 Rock RF across LF (1), Recover weight on LF (2)
3-4 Rock RF R side (3), Recover weight on LF (4)
5-6 Rock RF across LF (5), Recover weight on LF (6)
7-8 Step RF to R side (7), Hold (8)

[9-16] Cross Rock, Side Rock, Recover ¼ R, Step Pivot ½ R, Pivot ¼ R
1-2 Rock LF across RF (1), Recover weight on RF (2)
3-4 Rock LF to L side (3), Recover ¼ R on RF (4) (3:00)
5-6 Step LF fwd (5), Pivot ½ R weighting RF (9:00) (6)
7-8 Step LF fwd (7), Pivot ¼ R weighting RF (12:00) (8)
**** 3rd A, dance counts 1-14, on count 15, big step to L and drag R for count 16 (keeping weight L)**

B—32 counts
[1-8] Ball Rock Recover, R Cross Shuffle, ½ L Cross Shuffle, ½ R Cross Shuffle
&1-2 Close LF next to RF; (&) Rock R to Right (1) Recover on L (2) (12:00)
3&4 Cross R over L, Step L to L side, Cross R over L (12:00)
5&6 Turn ½ L & cross L over R, Step R to R side, Cross L over R (6:00)
7&8 Turn ½ R & Cross R over L, Step L to L side, Cross R over L (12:00)

[9-16] ¼ L Ball Step (Close), Back, Triple Back, ½ Triple L, Step Pivot ¼ L Cross
&1-2 ¼ L stepping LF forward (&) Step RF next to LF (1), Step LF back (2) (9:00)
3&4 Triple back (R, L, R) (3&4)
5&6 ½ L triple forward (L, R, L) (3:00)
7&8 Step RF fwd, (7), Pivot ¼ L weighting LF (&) Step RF across LF (12:00)

[17-24] Tap, Press, Recover, Behind ¼ Forward, Step Pivot ¼ L, Chase ½ Turn
&1-2 Touch LF next to RF (&) Press LF to L diagonal (1) Recover RF (2)
3&4 Step LF behind (3) T ¼ R stepping RF fwd (&) Step LF fwd (4) (3:00)
5-6 Step RF fwd (5) Pivot ¼ T L Step LF fwd (6) (12:00)
7&8 Step RF fwd (7) Pivot ½ T L Stepping LF fwd (&) Step RF fwd (8) (6:00)

[25-32] Out, Out, Back, Back, Back, Ball Heel, Ball Touch, Ball Heel, Ball Touch
&1-2 Step LF out to L (&) Step RF out to R (1) Step LF back (2)
3-4 Step RF back (3) Step LF back (4)
&5&6&7&8 Step RF down (&) Touch L heel fwd (5) Step LF Down (&) Touch R toe next to LF (6) Step RF down (&) Touch L heel fwd (7) Step LF Down (&) Touch R toe next to LF (8)

C—24 counts
[1-8] Walk, Walk, Triple Fwd, Step Pivot ½ R, Triple Fwd
1-2 Step RF fwd (1) Step LF fwd (2)
3&4 R triple forward (R, L, R) (3&4)
5-6 Step fwd L (5) Pivot ½ R weighting RF (6) (12:00)
7&8 L triple forward (L, R, L) (7&8)

[9-16] Making A Full Circle Left Walk, Walk, Triple, Walk, Walk, Triple,
1-2 Curving ¼ L Step RF fwd, Step LF fwd, (9:00)
3&4 Curving ¼ L triple forward (R, L, R) (3&4) (6:00)
5-6 Curving ¼ L Step LF fwd, Step RF fwd, (3:00)
7&8 Curving ¼ L triple forward (L, R, L) (3&4) (12:00) (**naturally over-rotate to 10:30 to transition to next step)

[17-24] (2 Vaudevilles) Cross Side, Behind Side Heel & Cross Side, Behind Side Heel
1-2 Cross RF over LF (1) Step LF to side (2)
3&4& Step RF behind (3) Step LF to side (&) Touch R heel towards diagonal (4) Step RF down (&)
5-6 Cross LF over RF (5) Step RF to side (6)

7&8 Step LF behind (7) Step RF to side (&) Touch L heel towards diagonal (8) (10:30)
******On the 3rd C, hold for 2 counts before continuing with part D**

D—32 counts (Starts facing 10:30 Diagonal)
[1-8] Ball Rock Recover, R Coaster, ½ Pivot R, Shuffle Fwd
&1-2 Close LF next to RF; (&) Rock RF forward (1) Recover on L (2) (10:30)
3&4 Step RF back (3), Close LF next to RF (&), Step RF fwd (4) (10:30)
5&6 Step LF fwd (5), Pivot ½ R (6) (4:30)
7&8 Shuffle forward L, R, L (7 & 8) (4:30)

[9-16] Press, Recover, with Sweep, Back w/ sweep x 2, Back Pony R, L
1-2 Press RF fwd (1), Recover weight back on LF while sweeping RF from front to back (2)
3-4 Step back on RF while sweeping LF from front to back (3), Step back on LF while sweeping RF from front to back (4)
5&6 Step RF back while popping L knee (5), Step on ball of LF (&), Step RF back while popping L knee (6) (4:30) *Arms optional
7&8 Step LF back while popping R knee (7), Step on ball of RF (&), Step LF back while popping R knee (8) (4:30) *Arms optional

[17-24] Ball Step, Fwd, Rock & Cross (Prep), Full Turn L
&1-2 Step on ball of RF (&), Step fwd on LF (1), Step fwd on RF (2) (4:30)
3&4 Rock LF to L (3), Recover weight on RF (&), Cross LF over R (prep for upcoming turn) (4) (6:00)
5-6 Step RF back while turning ¼ L (5) (3:00) Turn ½ L stepping LF forward (6) (9:00)
7-8 Step RF fwd (7) Pivot ¼ L recovering weight to L (8) (6:00)

[25-32] Toe Strut R, L, R Jazz
1-2 Touch R toe to R Diagonal (1), Drop Heel (2)
3-4 Touch L toe to L diagonal (3), Drop Heel (4)
5-8 Cross RF over LF (5), Step LF back (6), Step RF to R (7), Step LF fwd (8) (6:00)

Ending: The music ends with the lyrics "BEST DAY EVER" finishing with count 31 of D (so don't finish the jazz box)
Last Update - 20 April 2021