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| Best Day Ever |  |

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| **Count:** | 104 | **Wall:** | 2 | **Level:** | Phrased Intermediate |  |
| **Choreographer:** | Amy Glass (USA) - January 2021 | | | | |
| **Music:** | Best Day Ever - Sly & The Family Stallone | | | | |
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**#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) |

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| --- | --- |
| 3-4 | Rock RF R side (3), Recover weight on LF (4) |

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| --- | --- |
| 5-6 | Rock RF across LF (5), Recover weight on LF (6) |

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| --- | --- |
| 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) |

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| --- | --- |
| 3-4 | Rock LF to L side (3), Recover ¼ R on RF (4) (3:00) |

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| 5-6 | Step LF fwd (5), Pivot ½ R weighting RF (9:00) (6) |

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| 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)**

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**B—32 counts**

**[1-8] Ball Rock Recover, R Cross Shuffle, ½ L Cross Shuffle, ½ R Cross Shuffle**

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| &1-2 | Close LF next to RF; (&) Rock R to Right (1) Recover on L (2) (12:00) |

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| --- | --- |
| 3&4 | Cross R over L, Step L to L side, Cross R over L (12:00) |

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| 5&6 | Turn ½ L & cross L over R, Step R to R side, Cross L over R (6:00) |

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| 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**

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| --- | --- |
| &1-2 | ¼ L stepping LF forward (&) Step RF next to LF (1), Step LF back (2) (9:00) |

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| 3&4 | Triple back (R, L, R) (3&4) |

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| --- | --- |
| 5&6 | ½ L triple forward (L, R, L) (3:00) |

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| --- | --- |
| 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) |

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| 3&4 | Step LF behind (3) T ¼ R stepping RF fwd (&) Step LF fwd (4) (3:00) |

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| --- | --- |
| 5-6 | Step RF fwd (5) Pivot ¼ T L Step LF fwd (6) (12:00) |

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| --- | --- |
| 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) |

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| 3-4 | Step RF back (3) Step LF back (4) |

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| &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) |

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| --- | --- |
| 3&4 | R triple forward (R, L, R) (3&4) |

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| --- | --- |
| 5-6 | Step fwd L (5) Pivot ½ R weighting RF (6) (12:00) |

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| --- | --- |
| 7&8 | L triple forward (L, R, L) (7&8) |

**[9-16] Making A Full Circle Left Walk, Walk, Triple, Walk, Walk, Triple,**

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| --- | --- |
| 1-2 | Curving ¼ L Step RF fwd, Step LF fwd, (9:00) |

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| --- | --- |
| 3&4 | Curving ¼ L triple forward (R, L, R) (3&4) (6:00) |

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| --- | --- |
| 5-6 | Curving ¼ L Step LF fwd, Step RF fwd, (3:00) |

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| 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) |

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**[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) |

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| 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**

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**D—32 counts (Starts facing 10:30 Diagonal)**

**[1-8] Ball Rock Recover, R Coaster, ½ Pivot R, Shuffle Fwd**

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| --- | --- |
| &1-2 | Close LF next to RF; (&) Rock RF forward (1) Recover on L (2) (10:30) |

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| --- | --- |
| 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) |

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| 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) |

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| 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) |

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| 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 |

|  |  |
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| 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) |

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| --- | --- |
| 5-6 | Step RF back while turning ¼ L (5) (3:00) Turn ½ L stepping LF forward (6) (9:00) |

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| --- | --- |
| 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) |

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| --- | --- |
| 3-4 | Touch L toe to L diagonal (3), Drop Heel (4) |

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| --- | --- |
| 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**