

# Best Day Ever

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**Count:** 48      **Wall:** 1      **Level:** Beginner / Improver

**Choreographer:** Donna Lanagan (USA) - April 2021

**Music:** - Sly & The Family Stallone

**#16 count intro \*\*2 Restarts - 1 Easy Tag - With Option Below For A Two Wall Dance**

**SECTION 1 forward rock, side rock, back rock, step hold**

**1-2rock RF forward recover with weight on LF**

**3-4rock RF side recover with weight on LF**

**5-6rock RF back recover with weight on LF**

**7-8step RF next to LF, hold**

**\*\*Restart here on 3rd & 5th time through\*\***

**SECTION 2 forward rock, side rock, back rock, step hold**

**1-2rock LF forward recover with weight on RF**

**3-4rock LF side recover with weight on RF**

**5-6rock LF back recover with weight on RF**

**7-8step LF next to RF, hold**

**SECTION 3 two walks forward pivot ½ turn**

**1-2walk forward RF LF**

**3-4step RF forward pivot ½ turn with weight on LF**

**5-6walk forward RF LF**

**7-8step RF forward pivot ½ turn with weight on LF**

**SECTION 4 stomp, stomp, step back, back, heel together, heel together, point side**

**& 1stomp RF forward stomp LF forward**

**2-3step back on RF step back on LF**

**4-5R heel touch forward, step RF next to LF**

**6-7L heel touch forward, step LF next to RF**

**8** Point R toe to R side

### **SECTION 5 step forward point side, step back point side**

**1-2step forward RF, point LF to left side**

**3-4step forward LF, point RF to right side**

**5-6step back on RF, point LF to left side**

**7-8step back on LF, point RF to right side**

**\*\*tag on 5th time through hold for 2 counts after count 8 (big arms) continue to section 6**

### **SECTION 6 toe struts going back starting with RF**

**1-2step back on R toe, set RF heel down**

**3-4step back on L toe, set LF heel down**

**5-6step back on R toe , set RF heel down**

**7-8step back on L toe, set LF heel down**

**\*\*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\*\***