

On My Best Days

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Lorna Mursell & Roz Chaplin (UK) Sept 2012

Music: On My Best Days – Gord Bamford. CD: Is It Friday Yet (84 bpm)

Start on Vocals

SIDE ROCK, SHUFFLE FORWARD, FORWARD ROCK, STEP LOCK STEP

- 1-2 Rock right to right side, recover onto left
- 3&4 Step forward on right, step left beside right, step forward on right
- 5-6 Rock forward on left, recover on right
- 7&8 Step forward Left, lock right behind left, step forward left

FORWARD ROCK, SHUFFLE ¼ TURN, FORWARD ROCK, COASTER STEP

- 1-2 Rock forward on right, recover on left
- 3&4 Shuffle ¼ right, stepping right, left, right (3)
- 5-6 Rock forward on left, recover on right
- 7&8 Step back on to left, step right beside left, step forward left

Restart Here Wall 5 (facing 3'0 clock)

¼ TURNING TOE STRUT, PIVOT ¼ CROSS, SIDE, TOGETHER, SHUFFLE BACK

- 1-2 Make ¼ turn right touching right toe to right side, drop right heel (taking weight) (6)
- 3&4 Step forward on left, pivot ¼ turn, cross left over right (9)
- 5-6 Step right to right side, close left beside right
- 7&8 Step back on right, step left beside right, step back right

ROCK BACK, KICKBALL CHANGE, FORWARD ROCK, BACK ROCK, HOLD

- 1-2 Rock back on to left, recover on to right
- 3&4 Kick left forward, step left beside right, step right in place
- 5-6 Rock forward on to left, recover on to right
- 7-8 Rock back on to left, Hold

TAG: 4 Count Tag End of Wall 1 & 3

SIDE, TOUCH, SIDE, TOUCH

1-2 Step right to right side, touch left beside right

3-4 Step left to left side, touch right beside left