

# My Best Days

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**Count:** 56

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Pat Stott (April 2010)

**Music:** My Best Days are Ahead of Me by Danny Gokay

**Start on vocals (32 counts, 16 seconds) No tags or restarts, does not phrase**

**Rock forward, recover, turn ½ turn right and step forward, ½ turn right and step back, ½ turn right and step Forward, rock forward, recover, coaster step**

- 1 - 2** Rock forward on right, recover onto left
- 3&4** Turn ½ right and step forward on right, turn ½ right and step back on left, turn ½ right and step forward on right (Easier option: ½ shuffle turn right) - (6 O'clock)
- 5-6** Rock forward on left, recover onto right
- 7&8** Step back on left, close right to left, step forward on left

**Side switches, heel switches, heel, hook, shuffle forward**

- 1&2** Point right to right, close right to left, point left to left
- &3&4** Close left to right, right heel forward, close right to left, left heel forward
- &5,6** Close left to right, right heel forward, hook right in front of left,
- 7&8** Step forward on right, close left to right, step forward on right

**Rock forward on left, recover onto right, full triple turn left, rock forward on right, recover on left, Triple ¾ turn right**

- 1-2** Rock forward on left, recover on right
- 3&4** Full triple turn left - left, right, left (Easier option : coaster step)
- 5-6** Rock forward on right, recover on left
- 7&8** Triple ¾ right - right, left, right (3 O'clock)

**Cross rock, chasse left, cross, side, rock back, recover**

- 1-2** Cross left over right, recover onto right
- 3&4** Step left to left, close right to left, step left to left
- 5-6** Cross right over left, step left to left
- 7-8** Rock back on right, recover onto left

## **Modified Monterey full turn right, side, recover, cross shuffle**

**1-2** Point right to right, hold

**3-4 weight on left turn full turn right, close right to left**

**5-6** Rock left to left, recover onto right

**7&8** Cross left over right, step right to right, cross left over right

**Easier option for steps 1 - 4: point right to right, hold (1-2), close right to left (&), point left to left, hitch left knee towards right knee (3-4)**

**$\frac{3}{4}$  turn left, shuffle forward, rock forward, recover, step back on left, cross right over left**

**1-2** Turn  $\frac{1}{4}$  left and step back on right, turn  $\frac{1}{2}$  left and step forward on left (6 O'clock)

**3&4** Step forward on right, close left to right, step forward on right

**5-6** Rock forward on left, recover onto right

**7-8** Turn body to face left diagonal and step back on left, cross right over left

**Step back on left, step back on right, cross left over right, step back on right, ronde and sweep left behind right, Unwind  $\frac{3}{4}$  turn left, kick ball step**

**1-2** Straighten up to 6 O'clock and step back on left, turn body to right diagonal and step back on right

**3-4** Cross left over right, straighten up to 6 O'clock and step back on right

**5-6** Ronde and sweep left toe behind right, turn  $\frac{3}{4}$  to left (weight on left)- ( 9 o'clock)

**7&8** Kick right forward, step onto ball of right, step forward on left

**End of Music: Facing 12 O'clock dance the Monterey turn (section 5 steps 1-8), then large step to right, slide left towards right & pose!**

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