

BEST DAY OF MY LIFE

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MUSIC: CD - American Authors - Oh, What A Life - "Best Day Of My Life" Track #3

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SEQUENCE: Intro, A, B, A (mod), B, C, B, Ending **FOOTWORK:** Described for M - W opp (or as noted)

RHYTHM: West Coast Swing **PHASE:** VI **SPEED:** 25mpm as on CD **RELEASED:** August 2014

INTRO

1 - 4 WAIT; SYNCOPATED IN IN OUT OUT; SYNCOPATED SIDE BREAKS TWICE;(LEAD HANDS);

- Wait 1 meas about 4 feet apart nothing touching feet together w/lead foot free for both M FCING PTR & RLOD;
- 1&2&-&4 {**Sync In In Out Out**} Lifting slightly fwd L twd ptr/cl R to L, lifting slightly bk L away from ptr/cl R to L, hold, lifting slightly fwd L twd ptr/cl R to L now closer to ptr;
- 1&2&-&4 {**Sync Side Breaks Twice**} Sd L/sd R, together L under L hip/cl R to L, hold, sd L/sd R;
- 1&2&-&4 Together L under hip/cl R to L, sd L/sd R, hold, together L under L hip/cl R to L and join lead hands;

PART A

1 - 4 INSIDE WHIP w/SURPRISE CHK ENDING;; TRAVELING VOLTA OUT TO BFLY; & IN w/CL;

- 123&4 {**Inside Whip w/Surprise Check Ending**} Bk L, rec R across L comm RF trn, catching W's L shoulder blade w/R hand cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L comm trng ½ LF under joined lead hands, cont LF trn bk R/cl L to R, fwd R) to momentary CP M fcng LOD;
- 567&8 Leading W to trn RF fwd R flexing knee w/check action looking bk at W, rec L raising joined lead hands, anchor R/L, R (trng ½ RF on R bk L RLOD flexing knee, rec R comm RF trn under lead hands, cont RF trn anchor L/R, L) to end LOP "V" fcg ptr & LOD;
- 1&2&3&4 {**Traveling Volta Out & In**} Moving twd WALL XLIF of R/sd & bk R, XLIF of R/sd & bk R, XLIF of R/sd & bk R, XLIF of R/ronde R CCW (CW) blending to BFLY LOD;
- 1&2&3&4 Moving twd COH XRIF of L/sd & bk L, XRIF of L/sd & bk L, XRIF of L/sd & bk L, lowering arms to low double hand hold cl R to L;

5 - 8 LEFT CIRCLE PASS w/INSIDE TURN; (BOTH FACE WALL); DOUBLE CUBAN APART & SINGLE CUBAN TO DOUBLE ANCHOR;

- 123&4 {**Left Circle Pass w/Inside Turn**} Bk L behind R, sd & fwd R leading W to L sd raising lead hands over head & keep trailing hands low in front of M's L hip, small sd chasse L/R, L (fwd R, L, trng ½ LF to fc LOD sd & fwd R/XLIB of R behind M, sd & fwd R) to end in M's L WRAP POS both fcg LOD W slightly behind M & to his R sd;
- 567&8 Releasing trailing hands bk R, rec L raising joined lead hands to lead W under LF, cont leading W under LF bk to anchor R/L,R (fwd L comm 1 ½ LF trn, small sd & bk R cont LF trn, cont LF trn fwd in place L/R, bk L) trng slightly to end LEFT OPEN POS FCING WALL;
- 1&2&3&4 {**Double Cuban Apart**} XLIF of R/rec R, sd L look twd ptr, XLIF of R/rec R, sd L look twd ptr;
- 1&2&3&4 {**Single Cuban to Double Anchor**} XRIF of L touching trailing hands/rec L, bk to anchor R/L, R/L, R to end LOP "V" fcg ptr & LOD;

9-12 CROSS TRACK WHIP w/OUTSIDE TURN; M UNDER LEFT TO RIGHT HANDSHAKE; FACE LOOP SUGAR PUSH; w/ROCK 2 TO LEFT HANDSHAKE; (* 2ND TIME NO ROCK 2)

- 123&4 {**Cross Track Whip w/Outside Turn M Under L to Handshake**} Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, releasing ptr from R arm fwd L across the slot twd WALL under joined lead hands (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end M FCING WALL & W to M's R behind him FCING LOD;
- 567&8 Trng ½ LF cl R to L as you bring joined lead hands down low, taking joined lead hands bk up to lead W under fwd L twd COH trng 5/8 LF under joined lead hands, bk to anchor R/L, R (fwd L trng RF under joined lead hands, fwd R completing 1 ½ RF trn to fc M, bk to anchor L/R, L) change to R handshake M FCING LOD;
- 12-4 {**Face Loop Sugar Push w/Rock 2**} Bk L, almost cl R to L, pt L fwd as you loop joined R hands over head L hand on W's R hip, rock fwd L (fwd R, L, tap R behind L & L hand on M's R hip, rock bk R);
- 567&8 Rec R, fwd L releasing R hands, bk to anchor R/L, R (rec L, bk R, bk to anchor L/R, L) as you join L hands;

* **NOTE:** 2nd time the Face Loop Sugar Push will not have the extra Rock 2 and Part A will be 11 ½ measures long, so the Face Loop Sugar Push will now count 12-4 5&6 to join L hands.

PART B**1 - 4 TSUNAMI; INTO; TRIPLE TRAVEL & ROLL; w/CONTINUOUS CHASSE;**

- 123&4 {Tsunami} Bk L trng ¼ LF, bk R twd WALL, lead W to overturn LF in place L/R, fwd L across the slot moving past & behind W twds COH (fwd R, L comm LF trn, keeping R arm folded in to body above L handshake cont LF trn fwd & sd R/cl L to R, fwd R completing 1 full LF trn) to end in L POS M FCING COH W FCING RLOD w/L hands joined near back of W's R hip;
- 5&67&8 Fwd R trng LF leading W to trn RF/rec L cont LF trn, releasing L hands sd & bk R to catch W's L arm w/R hand completing ¾ LF trn to momentarily face LOD, cont LF trn leading W to spin bk & sd L/cl R to L cont LF trn, fwd L twd LOD completing 1 full LF trn (fwd L trng ½ RF/rec R, fwd L twd LOD, fwd R comm 1 ½ LF free spin/cl L to R, bk R) to end fcng ptr & LOD;
- 1&234 {Start Triple Travel & Roll} Cont slight LF trn to R hand star down LOD sd R/cl L to R, sd R trng ¼ RF, sd L trng ½ RF, sd R trng ½ RF to L hand star M fcng DLW W fcng DRC;
- 1&2&3&4 {w/Cont Chasse} Sd L/cl R to L, sd L/cl R to L, sd L/cl R to L, sd L trng ¼ LF to R hand star;

5 - 8 FINISH TO DOUBLE HAND HOLD;; STRETCHED OUT ½ WHIP; w/SYNCOPATED ROCKS;

- 1&23&4 {Finish Triple Travel & Roll} Sd R/cl L to R, sd R trng ¼ RF to L hand star, sd L/cl R to L, sd L trng ¼ LF;
- 567&8 Sd R trng ½ LF, sd L trng ¼ LF to fc ptr checking, bk to anchor R/L, R to join both hands low fcng ptr & LOD;
- 123&4 {Stretched Out ½ Whip} Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end in BFLY RLOD;
- 1&2&3&4 {w/Sync Rocks} Rock fwd R outside ptr/rec L, rk bk R/rec L, rk fwd R outside ptr/rec L, bk & sd R (rk fwd L/rec R, rk bk L/rec R, rk fwd L/rec R, bk L) still in BFLY POS RLOD;

9-12 LADY SWIVEL WALK 4 M POINT SD; CIRCULAR KICK SAND STEP TWICE; FC REV M TCH; SEND W BACK & ANCHOR;

- 123- {Lady Swivel Walk 4 M Point Side} Lower joined hands to waist level & lead W bk L, R, L, point R sd twd COH (1234) (swvl LF on L/fwd R, swvl RF on R/fwd L, swvl LF on L/fwd R, swvl RF on R/fwd L);
- 2-4 {Circular Kick Sand Step Twice} Swvl LF on L/kick R fwd across L twd WALL, swvl RF on L/step fwd R twd DRC, swvl LF on R/tch L heel twd LOD, swvl RF on R/XLIF of R twd DRW (swvl LF on L/kick R across L twd COH, swvl RF on L/step fwd R twd DLW, swvl LF on R/tch L heel twd RLOD, swvl RF on R/XLIF of R twd DLC);
- 2-- Swvl LF on L/kick R fwd across L twd COH, swvl RF on L/step fwd R twd DLW, swvl LF on R/tch L heel twd RLOD, swvl RF on R/tch L in front of R (swvl LF on L/kick R fwd across L twd WALL, swvl RF on L/step fwd R twd DRC, swvl LF on R/tch L heel twd LOD, swvl RF on R/XLIF of R) to end BFLY M FCING approximately DRC;
- (-2-4) RLOD, swvl RF on R/tch L in front of R (swvl LF on L/kick R fwd across L twd WALL, swvl RF on L/step fwd R twd DRC, swvl LF on R/tch L heel twd LOD, swvl RF on R/XLIF of R) to end BFLY M FCING approximately DRC;
- 1&23&4 {Send W Back & Anchor} Fwd L/cl R to L, fwd L releasing trailing hands, bk to anchor R/L, R (bk R/cl L to R, bk R, bk to anchor L/R, L) to end LOP "V" fcg ptr & RLOD;

PART A (MOD)**PART B****PART C****1 - 4 SLINGSHOT;; LEFT SIDE PASS w/LADY WRAP;; SWIVEL WALK 2 TO,;**

- 12-- {Slingshot} Bk L trng ¼ LF, sd & bk R, soften R knee slightly as you stop W w/R hand, straighten R leg (fwd R, (1234) fwd L comm LF trn, cont LF trn sd R soften R knee into lunge line, rec L trng LF);
- 5&67&8 Release trailing hands as you lead W under joined lead hands LF in place L/R, fwd L trng ¼ RF, bk to anchor R/L, R (trng 1 ½ LF under lead hands R/L, R, bk to anchor L/R, L) to end LOP "V" fcng ptr & RLOD;
- NOTE:** W may turn ½ LF w/normal underarm turn French Cross action instead of 1 ½ LF turn.
- 123&4 {Left Side Pass w/Lady Wrap & Swivel Walk 2} Bk L trng ¼ LF, bk R twd COH joining trailing hands & keep them low, raise joined lead hands trng ¼ LF in place L/R, fwd L LOD (fwd R, L, fwd R comm LF trn under joined lead hands/cl L to R cont LF trn, fwd R completing 1 full LF trn) to WRAP POS LOD;
- 5&67&8 Fwd R/cl L to R, fwd R, fwd L, R (fwd R/cl L to R, fwd R, swvl RF on R/fwd L, swvl LF on L/fwd R) still in WRAP POS FCING LOD;

PART C (CON'T)**5 - 8 CRAZY RUNAROUND TWICE;; THROWOUT TO LOD; QK SWVL TOG BK TO BK & APT TO FC;**

1&23&4 {Crazy Runaround Twice} Sliding behind W twd WALL XLIB of R/sd R, XLIF of R (small fwd R/cl L to R, small bk R) to LEFT WRAP POS FCING LOD, trng ½ LF run fwd around W R/L, R/swvl ½ LF as you ronde L CCW (make 1 full LF trn in pl L/R, L) to end in WRAP POS FCING LOD;

1&23&4 Sliding behind W twd WALL XLIB of R/sd R, XLIF of R (small fwd R/cl L to R, small bk R) to LEFT WRAP POS FCING LOD, trng ½ LF run fwd around W R/L, R/swvl ½ LF leaving L foot fwd LOD (make 1 full LF trn in pl L/R, L) to end in WRAP POS FCING LOD;

1&23&4 {Throwout to LOD} Fwd L/R, cl L to R, anchor R/L, R (fwd R/L, fwd R trng ½ LF to fc RLOD, bk anchor L/R, L) to end LOP "V" fcg ptr & LOD;

1-3- {Qk Swivel Together & Apart to Face} Softening both knees/fwd L/swvl RF as you straighten L leg & raise trailing arm straight up to end almost bk to bk, softening both knees/fwd R/swvl LF as you straighten R leg & to end LOP "V" fcg ptr & LOD;

9-12 SYNCOATED IN IN OUT OUT TWICE;; (NO HANDS) SYNCOATED SIDE BREAKS TWICE; TO LEFT HANDSHAKE;

1&2&-&4 {Sync In In Out Out Twice} Lifting slightly fwd L twd ptr/cl R to L, lifting slightly bk L away from ptr/cl R to L, hold, lifting slightly fwd L twd ptr/cl R to L;

1&2&-&4 Lifting slightly bk L away from ptr/cl R to L, lifting slightly fwd L twd ptr/cl R to L, hold, lifting slightly bk L away from ptr/cl R to L releasing lead hands so nothing is touching;

1&2&-&4 {Sync Side Breaks Twice} Sd L/sd R, together L under L hip/cl R to L, hold, sd L/sd R;

1&2&-&4 Together L under L hip/cl R to L, sd L/sd R, hold, together L under L hip/cl R to L and join L hands;

PART B**ENDING****1-4+ INSIDE ROCK WHIP; 2 COUNT w/OUTSIDE TRN;,, UNDERARM TRN BOTH HOOK TRN,;; SNAP FACE PRESS w/ARM,**

123&4 {Inside Rock Whip 2 Count w/Outside Turn} Bk L, rec R across L comm RF trn, catching W's L shoulder blade w/R hand cont RF trn sd & fwd L/rec R, sd & fwd L swvl ¼ RF (fwd R, L comm trng ½ LF under joined lead hands, cont LF trn bk R/cl L to R, fwd R swvl ¼ RF) to momentary CP M fcing WALL;

5678 Trng RF fwd R RLOD between W's feet, cont RF trn to rec bk L twd WALL, cont RF trn fwd R LOD taking joined lead hands up to lead W under, small fwd L; Bk to anchor R/L, R, (trng RF bk L RLOD, fwd R LOD trng RF, cont

1&2 RF trn bk L trng RF under joined lead hands, fwd R completing 1 full RF trn to fc M; bk to anchor L/R, L) to end LOP "V" fcg ptr & LOD,

34 {Underarm Turn Both Hook Turn} Bk L, rec R across L comm RF trn leading W under; Cont RF trn sd & fwd L/rec R, sd & fwd L to fc RLOD, XRIB of L trng RF/cont RF trn in place L, cont RF trn fwd & across R twd LOD (fwd R, L comm LF trn under joined lead hands; cont LF trn sd R/XLIF of R, sd & bk R, XLIB of R trng LF/cont LF trn in place R, cont LF trn fwd & across L twd RLOD) to end almost bk to bk M fcing DLC W fcing DRC;

- {Snap Face Press w/Arm} Sharp swvl LF on R and press L ft twd ptr as you raise R arm straight up palm out (sharp swvl RF on L and press R ft twd ptr as you raise L arm straight up palm out) to end LOP "V" fcg ptr & RLOD in press line,

NOTE: There is only 1 beat to hit for this last action of Snap Face Press w/Arm.

NOTE: Timing listed on side under measures refers to actual weight changes.