

BEST DAY

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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:** V **SPEED:** 25mpm as on CD **RELEASED:** August 2024

INTRO

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

- Wait 1 meas about 5 feet apart nothing touching feet together w/lead foot free for both M FCING PTR & LOD;
- 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 join lead hands low;
- 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 in LEFT OPEN FCING POS M FCING LOD;

PART A

1 - 4 SIDE WHIP; w/SAILOR SHUFFLE ENDING TO BFLY; TRAVELING VOLTA OUT; & IN w/CL;

- 12-- {**Side Whip w/Sailor Shuffle Ending**} Bk L, rec R across L comm RF trn, cont slight RF trn point L sd twd LOD;
- (123&4) hold (fwd R, fwd L trng ½ RF, bk R/cl L to R, fwd R);
- 1-3&4 Shifting weight to L using strong press line, cont to lead W fwd & trn her LF, join trail hands XRIB of L/sd L,
- (123&4) sd R (fwd L, fwd R trng ½ LF, XLIB of R/sd R, sd L) to end BFLY M fcng 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);
- 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 hands as you cl R to L;

5 - 8 START A WRAPPED WHIP; w/LADY TWIRL RIGHT TO LEFT OPEN WALL (NO HANDS); DOUBLE CUBAN APART &; TOGETHER TO FACE (LEAD HANDS);

- 123&4 {**Wrapped Whip**} Bk L, rec R across L comm RF trn, bring lead hands over W's head as you cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L, fwd R/cl L to R, bk R) to end WRAP POS FCING RLOD;
- 123&4 {**w/Lady Twirl R to Left Open Wall**} Trng RF XRIB of L leading W to turn RF under joined lead hands, fwd & sd L releasing trailing hands, trng slightly RF sd & bk to anchor R/L, R (bk L comm RF twirl, fwd R cont RF twirl, sd & bk L to anchor L/R, L) releasing lead hands to end LOP POS FCING WALL;
- 1&2&3&4 {**Double Cuban Apart**} XLIF of R/rec R, sd L look twd ptr/rec R, XLIF of R/rec R, sd L look twd ptr;
- 1&2&3&4 {**& Together to Face**} XRIF of L/rec L, sd R/rec L, XRIF of L/rec L, sd & bk R to end LOP "V" fcg ptr & LOD;

9-12 WHIP w/HAND CHANGE BEHIND THE BACK;; * FACE LOOP SUGAR PUSH IN 5 & FREEZE;; (* 2ND TIME CUE: FACE LOOP SUGAR PUSH IN 5 HOLD 1)

- 123&4 {**Whip w/Hand Change Behind Back**} Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L folding W's R arm behind her bk (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end mom CP M fcng RLOD;
- 123&4 Using R hand take W's R hand behind her back trng ½ RF XRIB of L, fwd & sd L, bk to anchor R/L, R (fwd L trng RF, fwd R completing 1 ½ RF trn to fc M, bk to anchor L/R, L) to end w/R hands "V" pos M fcng ptr & LOD;
- 12-4 {**Face Loop Sugar Push in 5 & Freeze**} 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, fwd L releasing R hands (fwd R, L, tap R behind L & L hand on M's R hip, bk R);
- 5--- Bk R (bk L) as you join lead hands, hold, hold, hold to end LOP "V" fcg ptr & LOD;
- * **NOTE:** 2nd time after the Face Loop Sugar Push in 5 you will only hold 1 beat instead of 3 making Part A 11 ½ measures long, so the Face Loop Sugar Push (6 beats) will now count 12-4 5- w/lead hands joined.

PART B

1 - 4 HALF WHIP; w/ROCK 2 & INSIDE TURN TO R HANDS; TRIPLE TRAVEL & ROLL; w/CONTINUOUS CHASSE;

- 123&4 {**Half Whip**} Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & bk L (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end CP M fcng RLOD;
- 1234 {**w/Rock 2 & Inside Turn to R Hands**} Rock fwd R, bk L, trng RF XRIB of L, leading W under LF fwd & sd L (rock bk L, fwd R, fwd L, fwd R trng ½ LF under joined lead hands);
- 1&2&34 {**Start Triple Travel & Roll**} Change lead hand 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;

PART B (CON'T)**5 - 8 FINISH AS USUAL;; MERENGUE UNDERARM PASS IN 4 TO FACE; QUICK SIDE BREAKS;**

- 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 lead hands low fcing ptr & LOD;
 1234 {Merengue Underarm Pass 4 to Face} Trng ¼ RF sd L, cl R to L taking joined lead hands over W's head, trng ¼ RF sd L, cl R to L (trng ¼ LF sd R, cl L to R sliding in front of M under joined lead hands, trng ¼ LF sd R, cl & 1&2 L to R) to end LOP fcing pos M fcing ptr & RLOD;
 &3&4 {Qk Side Breaks} Sd L/sd R, together L under L hip/cl R to L, sd L/sd R, together L under L hip/cl R to L;

9-12 SUGAR TOE HEEL CROSSES;; w/TUCK & TWIRL ENDING; UNDERARM TURN IN 4 w/CL;

- 12-- {Sugar Toe Heel Crosses} Bk L, cl R to L to BFLY, swvl RF on R/tch L toe to R instep, swvl LF on R/tch L heel fwd;
 1--4 Swvl RF on R/XLIF of R, swvl LF on L/tch R toe to L instep, swvl RF on L/tch R heel fwd, swvl LF on L/XRIF of L;
 -23&4 {w/Tuck & Twirl Ending} Touch L to R tucking W in, fwd L leading W under joined lead hands releasing trail hand hold, bk to anchor R/L, R (touch R to L tucking in twd M, trng ½ RF through hips fwd R twd RLOD trng ½ RF under joined lead hands to fc M, bk to anchor L/R, L) to end LOP "V" pos M fcing ptr & RLOD;
 1234 {Underarm Turn in 4 w/Close} Bk L, rec R across L, trng RF leading W under joined lead hands sd & fwd L in slot cl R to L (fwd R, fwd L, fwd R trng ½ LF under joined lead hands, cl L to R) to end LOP M fcing ptr & LOD;

PART A (MOD)**PART B****PART C****1 - 4 TUMMY WHIP; INTERRUPT w/2 SWEETHEARTS;; FINISH WHIP w/LADY ROLL RIGHT;**

- 123&4 {Tummy Whip} Bk L, rec R across L comm RF trn, releasing lead hands & placing R hand on W's R hip cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L, fwd R/cl L to R, bk R);
 123&4 {Interrupt w/2 Sweethearts} Fwd R flexing knee w/slight RF trn to look twds W keeping R hand around W's waist extend L arm out to sd, rec L, placing L hand to W's waist, small sd R/cl L to R, sd R (bk L w/R sd leading extending arms out to sd, rec R, small sd L/cl R to L, small sd L);
 123&4 Fwd L flexing knee checking w/slight LF trn keeping L hand around W's waist extend R arm out to sd, rec R, placing R hand around W's waist, small sd L/cl R to L, sd L (bk R w/L sd leading extending arms out to sd, rec L, small sd R/cl L to R, small sd R);
 123&4 {Finish Whip w/Lady Roll Right} Trng ½ RF XRIB of L tugging slightly on W's R hip leading her to roll R, fwd & sd L, anchor R/L, R (bk L comm RF roll, fwd R cont RF roll, bk to anchor L/R, L) to end LOP "V" fcg ptr & LOD;

5 - 8 CHEEK TO CHEEK;; SUGAR WRAP KNEE LIFT;; QK SWVL TOG BK TO BK & APT TO FC;

- 12 {Cheek to Cheek} Bk L, rec R comm RF trn; Lift L knee up & across body trng 3/8 RF touching M's L hip to W's R hip, small fwd & across L, trng slightly LF bk to anchor R/L, R (fwd R, L comm LF trn; lift R knee up & across body trng 3/8 LF, small fwd & across R, trng slightly RF bk to anchor L/R, L) to end LOP "V" M fcg ptr & LOD
 34-2 {Sugar Wrap Knee Lift} Bk L, almost cl R to L, pt L fwd as you lead W to trn RF w/lead hands now in front of W's center in TANDEM WRAP POS, fwd L, bk to anchor R/L, R (fwd R, fwd L trng ½ RF, lift R knee in "4" position as you push L palm to LOD like a stop sign, fwd R trng ½ LF, bk to 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 SYNCOPATED IN IN OUT OUT TWICE;; SYNCOPATED SIDE BREAKS TWICE;;

- 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;
 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 to end M fcing ptr & LOD;

PART B

ENDING**1-4+ SURPRISE WHIP;; KICK BALL CHANGE,, UNDERARM TRN BOTH HOOK TRN,;; TO SNAP PRESS w/ARM,**

- 123&4 **{Surprise 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 ½ RF, bk R/cl L to R, fwd R) to end momentary CP M fcing RLOD but M slightly out of slot to his L;
- 123&4 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 LOD flexing knee, rec R comm RF trn under lead hands, cont RF trn anchor L/R, L) to end LOP "V" M fcg ptr & RLOD;
- &2 **{Kick Ball Change}** Kick L fwd & sd twd DRW/cl L on ball to R, cl R to L in place whole foot;
- 34 **{Underarm Turn Both Hook Turn}** Bk L, rec R across L comm RF trn leading W under; Cont RF trn sd & fwd
- 1&23&4 L/rec R, sd & fwd L to fc LOD, XRIB of L trng RF/cont RF trn in place L, cont RF trn fwd & across R twd RLOD (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 LOD) to end almost bk to bk M fcing DRW W fcing DLW;
- **{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 & LOD in press line,

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

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