



Step Sheet



Best Day

Music	Best Day of My Life – American Authors					Time	3:26 min
Length	48 cnts	Tempo	100 bpm	Energy*	67 steps/min	Intro	16 cnts
Choreographer		Trudy Sherman		Based On	Original		
# of Moves	4	Moves	Freeze, Mambo, Taps, Walks				

Energy is calculated as (weight changes in sequence)(beats per minute for music)/(counts in sequence)

Counts in Sequence	Counts in Row	Description of Moves
		<u>TAPS FWD R-L x2</u>
1-4	4	R tap forward, R together, L tap forward, L together
5-8	4	Repeat 1-4
		<u>TAPS SIDE R-L x2</u>
9-12	4	R tap side R, R together, L tap side L, L together
13-16	4	Repeat 9-12
		<u>WALK W/ TAP, FWD & BACK</u>
17-20	4	R walk forward 3 steps (R-L-R), L tap
21-24	4	L walk back 3 steps (L-R-L), R tap
		<u>FREEZE, R-L</u>
25-28	4	R step side, L step together, R step side, L tap together
29-32	4	L step side, R step together, L step side, R tap together
		<u>MAMBO, FWD-BACK, R-L</u>
33-36	4	R step forward, L step in place, R step back (together), hold
37-40	4	L step back, R step in place, L step forward (together), hold
		<u>MAMBO, SIDE, R-L</u>
41-44	4	R step forward, L step in place, R step back (together), hold
45-48	4	L step back, R step in place, L step forward (together), hold
		START AGAIN
NOTES: On 3 rd set, replace Mambo Side L with "hold" for 2 counts.		
MODIFICATIONS:		