

THE BEST DAY OF MY LIFE

Sept. 2023

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MUSIC: The Best Day ARTIST: George Strait
ALBUM: Best of George Strait [Deluxe Edition] TRACK #6 TIME 3:18
Download available at iTunes
[The Best Day - YouTube](#)

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses)
RHYTHM: FOXTROT PHASE: IV
SPEED: 41 RPM DIFFICULTY: Average
SEQUENCE: **INTRO A B I A B-mod Br C D ENDING**

INTRODUCTION

1-4 **2 MEAS WAIT;; BAL L&R;;**
[1-2] CP, fc WALL, Lead ft free, **Wait 2 Meas;;**
[3-4] **BAL L&R** - sd L, XRIB rising on toe, rec L; sd R, XLIB rising on toe, rec R;

PART A

1-4 **BOX;; REV BOX;;**
[1-2] **BOX** - fwd L,-, sd R, cl L; bk R,-, sd L, cl R;
[3-4] **REV BOX** - bk L,-, sd R, cl L; fwd R,-, sd L, cl R;

5-8 **HVR; THRU HVR BJO; BK HVR SEMI; THRU CHASSE;**
[5] **HVR** - fwd L,-, sd & fwd R w/rise, sd & fwd L to SCP;
[6] **THRU HVR BJO** - thru R,-, fwd L w/rise, rec R (W thru L,-, fwd R w/rise trng LF, fwd L to BJO);
[7] **BK HVR SEMI** - bk L,-, sd & bk R w/rise, rec L (W fwd R,-, sd & fwd L w/rise trng RF, fwd R) to SCP;
[8] **THRU CHASSE** - thru R,-, sd L/cl R, sd & fwd L to SCP;

9-12 **I/O RUNS 2X;;;**
[9-10] **I/O RUNS** - fwd R trng RF,-, sd & bk L, bk R to BJO; bk L trng RF,-, sd & fwd R (W sd & fwd L arnd M), fwd L in tight SCP;
[11-12] **I/O RUNS** - REPEAT MEAS 9 & 10;;

13-16 **THRU CHASSE BJO; MANUV; SPIN TRN; BOX FIN;**
[13] **THRU CHASSE BJO** - thru R,-, sd L/cl R, sd & fwd L to BJO (W sd & bk R to BJO);
[14] **MANUV** - fwd R,-, trng RF in frnt of W sd L, cl R to CP;
[15] **SPIN TRN** - bk L pvtg RF ½,-, fwd R w/rise, bk & sd L;
[16] **BOX FIN** - bk R trng LF up to ¼,-, sd L, cl R;

PART B

1-4 **DIAM TRN;;;**
[1-4] **DIAM TRN** - fwd L,-, sd R trng LF, bk L; bk R,-, sd L trng LF, fwd R; repeat last 2 meas;;

5-8 **INT BOX;;;**
[5-8] **INT BOX** - fwd L, sd R, cl L; bk R raising ld hnds, sd L ld W to begin crvg RF undr joint ld hnds, cl R (W fwd L, fwd R comm RF circ, fwd L); fwd L, sd R, cl L (W cont circ fwd R, fwd L, fwd R); bk R, sd L, cl R to CP;

9-12 **REV TRN;; WHISK; WING;**

[9-10] **REV TRN** - fwd L trng LF,-, sd R (W heel trn), bk L to CP; bk R trng LF,-, sd & fwd L, fwd R to CBMP DLW;

[11] **WHISK** - fwd L,-, sd & fwd R w/rise, XLIB;

[12] **WING** - fwd R leading W in frnt to SCAR LOD,-, draw L, tch L(W fwd L crvng LF,-, fwd R crvng LF, fwd L to SCAR);

13-16 **TRN L&R CHASSE; BK BK/LK BK; OP IMP; THRU FC CL;**

[13] **TRN L&R CHASSE** - trng LF fwd L,-, sd R cont trn/cl L, sd R endg BJO;

[14] **BK BK/LK BK** - bk L,-, bk R/lk LIF, bk R;

[15] **OP IMP** - bk L trng RF,-, cl R w/heel trn (W sd & fwd L arnd M), fwd L in tight SCP;

[16] **THRU FC CL** - thru R,-, sd L fcg ptr, cl R;

INTER

1-3 **BAL L&R;; CANTER;**

[1-2] **BAL L&R** - sd L, XRIB rising on toe, rec L; sd R, XLIB rising on toe, rec R;

[3] **CANTER** - sd L,-, draw R to L, cl R;

REPEAT PART A

REPEAT PART B 1 THRU 15

16 **THRU SEMI CHASSE;**

[16] **THRU SEMI CHASSE** - thru R,-, sd L/cl R, sd & fwd L to SCP;

BRIDGE

1 **PU;**

[1] **PU** - fwd R,-, ldg W in frnt sd & fwd L, cl R;

PART C

1-4 **REV TRN;; 3 STEP; MANUV;**

[1-2] **REV TRN** - fwd L trng LF,-, sd R (W heel trn), bk L to CP; bk R trng LF,-, sd & fwd L, fwd R to CBMP DLW;

[3] **3 STEP** - fwd L,-, fwd R, fwd L;

[4] **MANUV** - fwd R,-, trng RF in frnt of W sd L, cl R to CP;

5-9 **SPIN TRN; FTNR FIN; 2 L TRNS to WALL;; HOLD;**

[5] **SPIN TRN** - bk L pvtg RF ½,-, fwd R w/rise, bk & sd L;

[6] **FTNR FIN** - bk R trng LF,-, sd & fwd L, fwd R outsd W to CBMP;

[7-8] **2 L TRNS fc WALL** - fwd L,-, trng LF ½ bk R, cl L; bk R,-, trng LF up to ½ fwd L, cl R;

[9] **HOLD** ;

REPEAT PART A MEAS 1 THRU 15

16 **CHG DIR;**

[16] **CHG DIR** - fwd L,-, sd & fwd R trng LF ¼, drw L to R;

END

1-4 **REV TRN;; HVR; THRU SEMI CHASSE;**

[1-2] **REV TRN** - fwd L trng LF,-, sd R (W heel trn), bk L to CP; bk R trng LF,-, sd & fwd L, fwd R to CBMP DLW;

[3] **HVR** - fwd L,-, sd & fwd R w/rise, sd & fwd L to SCP;

[4] **THRU SEMI CHASSE** - thru R,-, sd L/cl R, sd & fwd L to SCP;

- 5-7 **THRU SEMI CHASSE; THRU FC CL; FWD R LUN & EXT L ARMS;**
 [5] **THRU SEMI CHASSE** - thru R,-, sd L/cl R, sd & fwd L to SCP;
 [6] **THRU FC CL** - thru R,-, sd L fcg ptr, cl R;
 [7] **FWD R LUN & EXT L ARMS** - fwd L,-, flexg L knee sd & fwd R,- ext L arms;

QUICK CUES

- INTRO:** CP, fc WALL, LEAD FT FREE
WAIT 2 MEAS;; BAL L&R;;
- PART A:** **BOX;; REV BOX;;**
HVR; THRU HVR BJO; BK HVR SEMI; THRU CHASSE;
I/O RUNS 2X;;;;
THRU CHASSE BJO; MANUV; SPIN TRN; BOX FIN;
- PART B:** **DIAM TRN;;;;**
INT BOX;;;;
REV TRN;; WHISK; WING;
TRN L&R CHASSE; BK BK/LK BK; OP IMP; THRU FC CL;
- INT:** **BAL L&R;; CANTER;**
- PART A:** **BOX;; REV BOX;;**
HVR; THRU HVR BJO; BK HVR SEMI; THRU CHASSE;
I/O RUNS 2X;;;;
THRU CHASSE BJO; MANUV; SPIN TRN; BOX FIN;
- PART B-mod:** **DIAM TRN;;;;**
INT BOX;;;;
REV TRN;; WHISK; WING;
TRN L&R CHASSE; BK BK/LK BK; OP IMP; THRU SEMI CHASSE;
- BRG:** **PU;**
- PART C:** **REV TRN;; 3 STEP; MANUV;**
SPIN TRN; FTNR FIN; 2 L TRNS to WALL;; HOLD;
- PART A-mod:** **BOX;; REV BOX;;**
HVR; THRU HVR BJO; BK HVR SEMI; THRU CHASSE;
I/O RUNS 2X;;;;
THRU CHASSE BJO; MANUV; SPIN TRN; CHG DIR;
- END:** **REV TRN;; HVR; THRU SEMI CHASSE;**
THRU SEMI CHASSE; THRU FC CL; FWD R LUN & EXT L ARMS;