My Good Day AB

Ebene: Absolute Beginner

Count: 24 Choreograf/in: Sandra Barr (CAN) - August 2024 Musik: GOOD DAY - Forrest Frank

No Tags No Restarts.

(Start on the word "Good")

S1 Skate R-L, R Shuffle, Skate L-R, L Shuffle

- 1 2 Skate R to R diagonal, Skate L to L diagonal.
- 3&4 Step R to right diagonal. Step L next to R. Step R to right diagonal.
- 5 6 Skate L to L diagonal, Skate R to R diagonal.
- 7 & 8 Step L to Left diagonal, Step R next to L. Step L to L diagonal

S2 Backwards Step touch R, L, R, L.

- Step R back to R diagonal, Touch L beside R (clap) 1 – 2
- 3 4 Step L back to L diagonal, Touch R beside L (clap)
- 5 6 Step R Back to R diagonal, Touch L beside R (clap)
- 7 8 Step L back to L diagonal, Touch R beside L (clap)

S3 R Grapevine, Heel touch, Jazz Box ¼ turn R

- 1 2Step R to R, Cross L behind R
- 3 4 Step R to R, Touch L Heel next to R
- 5 6 Cross R over L, Step back on L
- 7 8 Turn ¼ R, stepping on R, step L next to R (weight on L)

Start Again!

Dance will end on 12:00 as music ends

Remember to look up, smile and have a GOOD DAY!

Contact: sandrabarr56@gmail.com





Wand: 4