

Good Day

COPPER **NOB**
STEPSHEETS

Count: 48

Wall: 4

Level: Easy Intermediate

Choreographer: Gina Piercy (AUS) - April 2022

Music: Good Day for a Good Day - Michael Franti & Spearhead



Intro: 16 Counts

SECTION 1 WALK-WALK-JUMP OUT-STEP BACK-SIDE POINT-STEP-CROSS STEP BACK

- 1-2 Right Walk Forward-Left Walk Forward
- &3-4 Right Jump Forward Diagonal-Left Jump Forward Diagonal-Right Step Back
- 5-6 Left Side Point-Left Step Forward
- 7-8 Cross Right Over Left-Step Back on Left with a Right Heel

SECTION 2 HITCH-RECOVER-HITCH-RECOVER-1/4 TURN-STEP-1/2 PIVOT TURN-STEP FORWARD

- 1-4 Right Hitch-Recover Weight on Right-Left Hitch-Recover Weight on Left
- 5-6 Right ¼ Turn Placing Weight on Right Leg-Left Step Forward
- 7-8 Right ½ Turn Placing Weight on Right Leg-Right Step Forward

SECTION 3 GRAPEVINE ¼ TURN SHUFFLE-STEP ½ TURN- ¼ TURN SIDE SHUFFLE

- 1-2 Step Right to Right Side-Step Left Behind
- 3&4 ¼ Turn to Right Stepping Right Forward-Left Together-Right Forward
- 5-6 Left Step Forward-Pivot ½ Turn Placing Weight on Right Leg
- 7&8 Step Left Forward-Right Together-Step Left Forward

SECTION 4 ¼ PADDLE TURNS-FORWARD SHUFFLE-ROCK-RECOVERTOGETHER

- 1-2 Right Step Forward-Left ¼ Turn Recovering Weight on Left Leg
- 3-4 Right Step Forward-Left ¼ Turn Recovering Weight on Left Leg
- 5&6 Step Right Forward-Left Together-Step Right Forward
- 7&8 Step Left Forward-Recover on Right-Left Together

SECTION 5 DIAGONAL SIDE DRAG-KICK BALL CHANGE-DIAGONAL SIDE DRAG-KICK BALL CHANGE

- 1-2 Left Long Step Back on Left Diagonal Dragging Right Heel
- 3&4 Right Kick Forward-Right Step Back-Recover Weight on Left Leg
- 5-6 Right Long Step Back on Right Diagonal Dragging Left Heel
- 7&8 Left Kick Forward-Left Step Back-Recover Weight on Right Leg

SECTION 6 STEP ¼ TURN R-CROSS SAMBA-SAILOR- ¼ SAILOR TURN TO L

- 1-2 Left Step Forward-Right ¼ Turn Placing Weight on Right Leg
- 3&4 Cross Left Over Right-Rock Right to Right Side-Recover Weight on Left Leg
- 5&6 Step Back Cross Right Behind Left-Rock Left to Left Side-Recover Weight on Right Leg
- 7&8 Step Back Left Crossing Behind Right-Turn ¼ Left Stepping Right Forward-Recover Weight on Left Leg

END OF DANCE