

# A Good Day

Count: 32

Wall: 4

Level: Improver

Choreographer: Cools Stefaan

Music: A Good Day to Run - Darryl Worley



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## CHASSE RIGHT, CROSS ROCK STEP BEHIND, CHASSE LEFT, CROSS ROCK STEP BEHIND

- 1&2 Step right foot right, step left next to right, step right foot right  
3-4 Cross rock back on left foot, recover weight on right foot  
5&6 Step left foot left, step right next to left, step left foot left  
7-8 Cross rock back on right foot, recover weight on left foot

## STEP WITH $\frac{3}{4}$ TURN LEFT, STEP LEFT FORWARD, RIGHT SHUFFLE FORWARD, HEEL/TOE STRUTS

- 9-10 Step right foot right & turn  $\frac{3}{4}$  left on bal of right foot, step left foot forward  
11&12 Step right foot forward, step left next to right, step right foot forward  
13-14 Step left heel forward, step left toe down  
15-16 Step right heel forward, step right toe down

## TOE/HEEL STRUTS, $\frac{1}{4}$ RIGHT TURN, TOE/HEEL STRUTS, $\frac{1}{4}$ RIGHT TURN, TOE/HEEL STRUTS, $\frac{1}{4}$ RIGHT TURN, TOE/HEEL STRUTS

- 17-18 Step left toe left, step left heel down en snap fingers on height of left shoulders  
19-20 Turn  $\frac{1}{4}$  right on left foot and step right toe right, step right heel down and snap fingers on height of right shoulders  
21-22 Turn  $\frac{1}{4}$  right on right foot and step left toe left, step left heel down and snap fingers on height of left shoulder  
23-24 Turn  $\frac{1}{4}$  right on left foot and step right toe right, step right heel down and snap fingers on height of right shoulders

## LEFT KICK BALL CHANGE, STEP LEFT, TOUCH, RIGHT KICK BALL CHANGE $\frac{1}{4}$ TURN STEP RIGHT, TOUCH

- 25&26 Kick left forward, step onto ball of left next to right, step weight onto right  
27-28 Step left foot left, step right foot next to left foot  
29&30 Kick right forward, step onto ball of right next to left, step weight onto left  
31-32 Step right foot  $\frac{1}{4}$  turn right, step left foot next to right foot (weight ends on left)

## REPEAT

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