

# Day to Run

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Improver  
编舞者: Andrina K Faulds (SCO) - March 2017  
音乐: A Good Day to Run - Darryl Worley : (3:25)



2 wall dance, but you will dance to all 4 walls with 2 Restarts

Count in on 16 counts from heavy beat after the talking

**Section 1: Step right scuff left, step left scuff right, run forward right left right left**

1-2            Step right scuff left  
3-4            step left scuff right  
5,6,7,8        forward right left right left

**Section 2: Monterey ½ turn right with touch and bring left foot back in together, grapevine ¼ left with a kick forward on right**

1,2,3,4        Monterey ½ turn right over - point right foot to right side and as you bring your right foot in turn a ½ over your right shoulder point your left toe to left side and then bring left toe back next to right and touch down  
5,6,7,8        Left to side right behind ¼ left on left and kick right foot forward

**Section 3: Walk back right left right and hitch left, left coaster step**

1,2,3,4        Walk back right left right and hitch left up  
5,6,7,8        Step back left, step back right and step forward left

**Section 4: Right side rock step into slow sailor shuffles**

1-4            Rock right to right side, step left in place, cross right behind left, rock left to left side  
5-8            Step right in place, cross left behind right, rock right to right side, step left foot in place

**Restarts – Wall 3 Dance until the end of section 3 (this will change the direction of the dance to the side walls Wall 10 again Dance until the end of section 3 and this will change the direction of the dance back again**

**Ending - Last wall you will start at the front. Dance until the end of section 3 but change you back coaster step to a coaster ¼ turn left.**

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