

# This Day Is Good

拍数: 32      墙数: 4      级数: Easy Improver  
编舞者: Marianne Langagne (FR) - July 2020  
音乐: Lord, I Hope This Day Is Good (feat. Alan Jackson) - Caylee Hammack



**Intro: 16 Counts – No Tag, No Restart**

**[1 – 8] TOE HEEL CROSS (R&L), HEEL SWITCHES, KICK BALL STOMP**

1 & 2      Touch R Toe next to LF, Tape R Heel FWD, Cross RF over LF  
3 & 4      Touch L Toe next to RF, Tape L Heel FWD, Cross LF over RF  
5 & 6      R Heel FWD, Together, L Heel FWD  
&7&8      Together, Kick RF FWD, Together, Stomp LF

**[9 – 16] R. HEEL TAP TWICE, SIDE STOMP, L. HEEL TAP TWICE, SIDE STOMP, CROSS, ¼ TURN R., SIDE SHUFFLE**

1 & 2      Tape R Heel next to LF twice, Stomp RF to the R  
3 & 4      Tape L Heel next to RF twice, Stomp LF to the L  
5 – 6      Cross RF over LF, ¼ Turn R-LF Back (3a.m)  
7 & 8      RF to the R, Together, RF to the R

**[17 – 24] VAUDEVILLE, HEEL FWD, TOE BACK, TRIPLE FWD**

1 & 2      Cross LF over RF, RF to the R, L Heel FWD  
&3&4      Together, Cross RF over LF, LF to the L, R Heel FWD  
&5-6      Together, L Heel FWD, L Toe Back  
7 & 8      LF FWD, Together, LF FWD

**[25 – 32] WALK ON ½ TURN R, TRIPLE FWD, STEP TURN R., STEP TURN R, STEP**

1 – 2      ¼ Turn R- RF FWD (6a.m), ¼ turn R-LF to the L (9a.m)  
3 & 4      RF FWD, Together, RF FWD  
5 – 6      LF FWD, ½ Turn R  
7 & 8      LF FWD, ½ Turn R (weight on RF), LF FWD (9a.m)

**ENJOY !!!!**

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