

Good Day

拍数: 48 墙数: 4 级数: Easy Intermediate
编舞者: Gina Piercy (AUS) - April 2022
音乐: 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 1/4 Turn Placing Weight on Right Leg-Left Step Forward
7-8 Right 1/2 Turn Placing Weight on Right Leg-Right Step Forward

SECTION 3 GRAPEVINE 1/4 TURN SHUFFLE-STEP 1/2 TURN- 1/4 TURN SIDE SHUFFLE

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

SECTION 4 1/4 PADDLE TURNS-FORWARD SHUFFLE-ROCK-RECOVER TOGETHER

1-2 Right Step Forward-Left 1/4 Turn Recovering Weight on Left Leg
3-4 Right Step Forward-Left 1/4 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 1/4 TURN R-CROSS SAMBA-SAILOR- 1/4 SAILOR TURN TO L

1-2 Left Step Forward-Right 1/4 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 1/4 Left Stepping Right Forward-Recover Weight on Left Leg

END OF DANCE