

# A Good Day

**COPPERKNOB**  
STEPSHEETS

拍数: 48      墙数: 4      级数: Improver  
编舞者: James Himsworth (UK) - February 2023  
音乐: Good Day (feat. Liahona Olayan) - Strive to Be



**Note: This Track Has An Immediate Start**

## **S: 1 WALK, WALK, FORWARD MAMBO, BACK, BACK, BEHIND SIDE CROSS**

1-2            Walk Forward R, Walk Forward L,  
3&4            Rock Forward R, Recover L, Step Back R  
5-6            Walk Back L, Walk Back R  
7&8            Sweep L Behind R, Step R to R, Cross L Over R

## **S: 2 SIDE CLOSE, SIDE CLOSE SIDE, CROSS ROCK, SIDE CLOSE ¼**

1-2            Step R to R, Close L Next to R  
3&4            Step R to R, Close L Next to R, Step R to R  
5-6            Cross Rock L over R, Recover R  
7&8            Step L to L, Close R Next to L, ¼ turn L Stepping L Forward

## **S: 3 ¼ SIDE CLOSE SIDE, BACK ROCK SIDE, BEHIND, SIDE, CROSS SHUFFLE**

1&2            ¼ Turn L Stepping R to R, Close L Next to R, Step R to R  
3&4            Back Rock L, Recover R, Step L to L  
5-6            Cross R behind L, Step L to L  
7&8            Cross R Over L, Step L to L, Cross R Over L

## **S: 4 SIDE ROCK CROSS, SIDE ROCK CROSS, CROSS, BACK, ¼ SIDE CLOSE SIDE**

1&2            Rock L to L, Recover R, Cross L Over R  
3&4            Rock R to R, Recover L, Cross R Over L  
5-6            Cross L Over R, Step Back R  
7&8            ¼ L Stepping L to L, Close R next to L, Step L to L

**RESTART: Wall 5 after 32 Counts Facing 3 O'clock**

## **S: 5 CROSS, SIDE, BEHIND, ¼ TURN, STEP PIVOT ½, ¼ SIDE CLOSE SIDE**

1-2            Cross R Over L, Step L to L  
3-4            Cross R Behind L, ¼ Left Stepping Forward L  
5-6            Step Forward R, Pivot ½ Turn L,  
7&8            ¼ L Stepping R to R, Close L Next to R, Step R to R

## **S: 6 BEHIND, SIDE, CROSS SHUFFLE, SIDE TOUCH, SIDE TOUCH**

1-2            Cross L Behind R, Step R to R  
3&4            Cross L Over R, Step R to R, Cross L Over R  
5-6            Step R to R, Touch L Next to R  
7-8            Step L to L, Touch L Next to R

**RESTART – Wall 5 after 32 counts facing 3 O'clock**

**WRITTEN FOR THE LINEDANCERS OF LINTHORPE WEEKEND IN LYTHAM JANUARY 2023**