

A Good Day

COPPERKNOB
STEPPERS

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