

It's a Good Day

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Phrased Improver
编舞者: Liz Atkinson (USA) - October 2023
音乐: Good Day for Marrying You - Dave Barnes



#0 count introduction *See below for how to begin

Sequence: AA BB AA BB AA BB AAAA

PART A

S1: VINE R, SLIDE, TOUCH, 1/4R, TOUCH, SIDE, TOUCH, HEEL SPLITS (X2)

1 & 2 & Step RF to R side, step LF behind RF, step RF to R side, cross step LF over RF
3, 4 Take big step RF to R side, touch LF beside RF

(Optional arms: R arm high, L arm low creating a diagonal line as you slide R)

5 & 6 & 1/4R step LF to L side (3:00), touch RF beside LF, step RF to R side, step LF beside RF
7 & 8 & Split both heels out-in-out-in (weight on balls of feet)

S2: STEP, LOCK, STEP, BRUSH (X2), FWD, TOUCH, BACK, KICK, BACK, TOGETHER, TOUCH

1 & 2 & Step RF fwd/R diagonal, step LF behind RF, step RF fwd/R diag., scuff L heel fwd
3 & 4 & Step LF fwd/L diagonal, step RF behind LF, step LF fwd/L diag., scuff R heel fwd
5 & 6 & Step RF fwd, touch LF behind RF, step LF back, kick RF fwd
7 & 8 Step RF back, step LF beside RF, touch RF beside LF

REPEAT PART A BEGINNING AT 3:00

PART B (BEGINS AT 6:00)

S1: JAZZ BOX CROSS, BALL, CROSS, 1/4R STEP, SHUFFLE FWD

1, 2, 3 Cross step RF over LF, step LF back, step RF to R side
4 & 5 Cross step LF over RF, step RF just behind L heel, cross step LF over RF
6, 7 & 8 1/4R step RF fwd (9:00), step LF fwd, step RF beside LF, step LF fwd

S2: STEP, 1/2L PIVOT, KICK, BALL, STEP (X2)

1, 2 Step RF fwd, pivot 1/2L onto LF (3:00)
3 & 4 Kick RF fwd, step on ball of RF, step LF fwd
5, 6 Step RF fwd, pivot 1/2L onto LF (9:00)
7 & 8 Kick RF fwd, step on ball of RF, step LF fwd

REPEAT PART B BEGINNING AT 9:00

*BEGINNING: It is impossible to start without any intro, therefore, you may start the dance on count 3:

1&2& HOLD while you find the beat and they sing, "Baby the sun is"
3, 4 Take big step RF to R side, touch LF beside RF as they sing, "shining"

Then continue on with part A.

ENDING: After the third time you dance PART BB, listen for "We just need I do-oooo's" This signals that you will dance PART A four times (to all 4 walls) finishing at front.

Contact: info@LizAtkinsonDance.com Asheville, NC, USA