

# Good Day

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Kat Nichols (USA) - November 2023  
音乐: Gonna Be a Good Day - Rayelle



## Intro: 64 Counts

### Ball Step L-Cross R, Hitch L, L Coaster, Heel R, Step ¼ R Heel L, Step L, R Cross Shuffle

- &1,2      Ball Step LF (&), Cross RF Over L (1), Hitch L (2)  
3&4      Step LF Back (3), Close RF Next to L (&), Step LF Fwd (4)  
5&6&      R Heel Fwd (5), Step RF Closed Next to L 1/8 (&), L Heel Fwd 1/8 (6), Step LF Closed Next to R (&)  
7&8      Cross RF over LF (7), Step LF to L Side (&), Cross RF over LF (8)

### ¼ Step L, Step Fwd R, ½ Pivot to L, ¼ Side R, Behind L, ¼ Step R Fwd, Walk L, Walk R, Step L-Tap R, Step R-Cross L

- 1,2      Step LF Fwd ¼ (&), Step RF Fwd (1), ½ Pivot Turn to LF (2)  
3-4&      Step RF ¼ R Side (3), Cross LF Behind R (4), Step RF Fwd ¼ (&)  
5,6      Step LF Fwd (5), Step RF Fwd (6)  
&7&8      Step LF to L Fwd Diagonal (&), Tap RF Next to L (7), Step RF to R Side (&), Cross LF Over R (8)

### Step R-Tap Behind L, ¼ Step L, ¼ Step R with Heel Fan L & Drag L, L Coaster, Walk R-Walk L

- &1-2      Step RF to R Side (&), Tap LF Behind R (1), Step LF Fwd to L Side ¼ (2)  
3-4      Step RF Out to R Side ¼ and Fan L Heel (3), Drag LF Towards R (4)  
5&6      Step LF Back (5), Close RF Next to L (&), Step LF Fwd (6)  
7,8      Step RF Fwd (7), Step LF Fwd (8)

### ½ Heel Swivels, Step Fwd R, Step Twist (x2), Twist & Kick R, R Coaster

- 1&2      Step Ball of RF Fwd Twist Heel Towards L (1), Turn ¼ Twist R Heel Towards R (&), Take Weight Fwd ¼ onto LF (2)  
3,4      Step RF Fwd (3), Step LF Back ½ (4)  
5,6      Twist ½ Weight on RF (5), Twist ¼ Weight on LF & Kick RF Fwd (6)  
7&8      Step RF Back (7), Close LF Next to R (&), Step RF Fwd (8)
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