

# A Good Day To Run

**COPPER** KNOB  
BY STEPHEN METZ

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Anna Balaguer (ES)  
音乐: A Good Day to Run - Darryl Worley



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- |        |  |
|--------|--|
| 1-2    | Left rock forward, replace on right  |
| 3&4    | Left shuffle backward turning $\frac{3}{4}$ to left  |
| 5-6    | Touch right toe to right side, brush right toe beside left                                     |
| 7-8    | Cross right over left, stomp left beside right foot  |
| 9-10   | Step left forward, brush right beside left   |
| 11-12  | Right rock backward, replace on left   |
| 13-14  | Cross right over the left, replace on left   |
| 15-16  | Step to right turning $\frac{1}{4}$ to right, step left to left turning $\frac{3}{4}$ to right |
| 17&18  | Kick right on forward & ball on right, cross left over right                                   |
| 19-20  | Touch right toe to the right side, touch right toe beside left                                 |
| 21-22  | Step forward on right foot (ball on right), touch left toe behind right foot                   |
| &23-24 | Step left backward, touch right heel forward, touch right heel diagonally to the right side    |
| 25&26  | Touch right heel forward & step right backward, touch left heel forward                        |
| 27-28  | Touch left heel diagonally to the left, touch left heel forward                                |
| 29-30  | Left coaster step backward   |
| 31&32  | Right shuffle forward  |

**REPEAT**

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