

Good Day

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kat Nichols (USA) - November 2023
音樂: 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)