

# My Good Day AB

**COPPER KNOB**  
STEPPERS

拍數: 24      牆數: 4  
編舞者: Sandra Barr (CAN) - August 2024  
音樂: GOOD DAY - Forrest Frank

級數: Absolute Beginner



No Tags No Restarts.

(Start on the word "Good")

## S1 Skate R-L, R Shuffle, Skate L-R, L Shuffle

- 1 -2      Skate R to R diagonal, Skate L to L diagonal.
- 3 & 4      Step R to right diagonal. Step L next to R. Step R to right diagonal.
- 5 - 6      Skate L to L diagonal, Skate R to R diagonal.
- 7 & 8      Step L to Left diagonal, Step R next to L. Step L to L diagonal

## S2 Backwards Step touch R, L, R, L.

- 1 - 2      Step R back to R diagonal, Touch L beside R (clap)
- 3 - 4      Step L back to L diagonal, Touch R beside L (clap)
- 5 - 6      Step R Back to R diagonal, Touch L beside R (clap)
- 7 - 8      Step L back to L diagonal, Touch R beside L (clap)

## S3 R Grapevine, Heel touch, Jazz Box ¼ turn R

- 1 - 2      Step R to R, Cross L behind R
- 3 - 4      Step R to R, Touch L Heel next to R
- 5 - 6      Cross R over L, Step back on L
- 7 - 8      Turn ¼ R, stepping on R, step L next to R (weight on L)

Start Again!

Dance will end on 12:00 as music ends

Remember to look up, smile and have a GOOD DAY!

Contact: [sandrabarr56@gmail.com](mailto:sandrabarr56@gmail.com)

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