

I'm Gonna Have A Good Day

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Alan Birchall (UK)
音樂: Talking Optimist Blues - Neil Diamond



¼ SIDE SHUFFLE, STEP, ½ PIVOT, ¼ TURN, SHUFFLE ¼ TURN, STEP ½ PIVOT (ALMOST A FIGURE OF EIGHT)

1&2 Step right to right, step left by right, step right to right making ¼ turn right (facing 3:00)
3-4 Step forward on left, ½ pivot right (facing 9:00)
5&6 Make ¼ turn right, step left to left, step right by left, step left to left making ¼ turn left (facing 9:00)
7-8 Step forward on right, ½ pivot left (facing 3:00)

RIGHT SHUFFLE, RUMBA 'BOX', WALKS BACK

9&10 Step forward on right, step left by right, step forward on right
11&12 Step left to left, step right by left, step forward on left
13&14 Step right to right, step left by right, step back on right
15-16 Walk back left right

COASTER STEP, WALK FORWARD, TOUCH FORWARD, BACK, STEP ½ PIVOT

17&18 Step back on left, step right by left, step forward on left
19-20 Walk forward right, left
21-22 Touch right heel forward, touch right heel back
23-24 Step forward on right, ½ pivot left (facing 9:00)

TOUCH FORWARD, BACK, RIGHT SHUFFLE, STEP ½ PIVOT, FULL TRIPLE TURN (OR ALTERNATIVE)

25-26 Touch right heel forward, touch right heel back
27&28 Step forward on right, step left by right, step forward on right
29-30 Step forward on left, ½ pivot right (facing 3:00)
31&32 Full triple turn right stepping left, right, left (facing 3:00)

Or alternative left shuffle forward

REPEAT

TAG

After every verse only

HEEL, HOOK, HEEL, FLICK, STOMP, STOMP

1& Touch right heel forward, hook right over left shin
2& Touch right heel forward, flick right heel out to right side
3-4 Stomp right by left, stomp left by right