

# A Good Day

拍數: 32      牆數: 4      級數: Improver  
編舞者: Cools Stefaan  
音樂: A Good Day to Run - Darryl Worley



## CHASSE RIGHT, CROSS ROCK STEP BEHIND, CHASSE LEFT, CROSS ROCK STEP BEHIND

1&2      Step right foot right, step left next to right, step right foot right  
3-4      Cross rock back on left foot, recover weight on right foot  
5&6      Step left foot left, step right next to left, step left foot left  
7-8      Cross rock back on right foot, recover weight on left foot

## STEP WITH $\frac{3}{4}$ TURN LEFT, STEP LEFT FORWARD, RIGHT SHUFFLE FORWARD, HEEL/TOE STRUTS

9-10      Step right foot right & turn  $\frac{3}{4}$  left on bal of right foot, step left foot forward  
11&12      Step right foot forward, step left next to right, step right foot forward  
13-14      Step left heel forward, step left toe down  
15-16      Step right heel forward, step right toe down

## TOE/HEEL STRUTS, $\frac{1}{4}$ RIGHT TURN, TOE/HEEL STRUTS, $\frac{1}{4}$ RIGHT TURN, TOE/HEEL STRUTS, $\frac{1}{4}$ RIGHT TURN, TOE/HEEL STRUTS

17-18      Step left toe left, step left heel down en snap fingers on height of left shoulders  
19-20      Turn  $\frac{1}{4}$  right on left foot and step right toe right, step right heel down and snap fingers on height of right shoulders  
21-22      Turn  $\frac{1}{4}$  right on right foot and step left toe left, step left heel down and snap fingers on height of left shoulder  
23-24      Turn  $\frac{1}{4}$  right on left foot and step right toe right, step right heel down and snap fingers on height of right shoulders

## LEFT KICK BALL CHANGE, STEP LEFT, TOUCH, RIGHT KICK BALL CHANGE $\frac{1}{4}$ TURN STEP RIGHT, TOUCH

25&26      Kick left forward, step onto ball of left next to right, step weight onto right  
27-28      Step left foot left, step right foot next to left foot  
29&30      Kick right forward, step onto ball of right next to left, step weight onto left  
31-32      Step right foot  $\frac{1}{4}$  turn right, step left foot next to right foot (weight ends on left)

## REPEAT