

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
