

# A GOOD DAY

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Cools Stefaan

**Music:** A Good Day To Run by 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**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=53433](https://www.linedance.com/index.php?f=dance_view&id=53433)