

Swivelfeet Linedancers Hälsinglands gladaste Linedancers

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Good Day To Run

2 WALL – 32 COUNTS – BEGINNER

Choreographed by: Benny Ray (DK) July 2011

Choreographed to: 'Good Day To Run' by Darryl Worley (148 bpm)

from CD Have You Forgotten; also available as download from amazon.co.uk or iTunes

(16 count intro)



Actual footwork		Calling suggestion	Direction
Section 1	Diagonal Step Touches		
1 - 2	Step right forward on right diagonal. Touch left beside right.	Forward Touch	Forward
3 - 4	Step left back on left diagonal. Touch right beside left.	Back Touch	Back
5 - 6	Step right back on right diagonal. Touch left beside right.	Back Touch	
7 - 8	Step left forward on left diagonal. Touch right beside left.	Forward Touch	Forward
Section 2	Forward Lock Step, Scuff (x 2)		
1 - 2	Step right forward. Lock left behind right.	Right Lock	Forward
3 - 4	Step right forward. Scuff left forward.	Right Scuff	
5 - 6	Step left forward. Lock right behind left.	Left Lock	
7 - 8	Step left forward. Scuff right forward.	Left Scuff	
Section 3	Step, Pivot 1/2, Step, Hold, Triple Full Turn, Hold		
1 - 2	Step right forward. Pivot 1/2 turn left.	Step Pivot	Turning left
3 - 4	Step right forward. Hold.	Step Hold	Forward
5	Make 1/2 turn right stepping left back	Turn	Turning right
6	Make 1/2 turn right stepping right forward.	Turn	
7 - 8	Step left forward. Hold.	Step Hold	Forward
Section 4	Run Forward x 3, Touch, Run Back x 3, Touch		
1 - 2	Step right forward. Step left forward.	Right Left	Forward
3 - 4	Step right forward. Touch left beside right.	Right Touch	
5 - 6	Step left back. Step right back.	Left Right	Back
7 - 8	Step left back. Touch right beside left.	Left Hold	

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