Day to Run

Count: 32	**Wand:** 4	**Ebene:** Improver

Choreograf/in: Andrina K Faulds (SCO) - March 2017

Musik: A Good Day to Run - Darryl Worley : (3:25)

2 wall dance, but you will dance to all 4 walls with 2 Restarts

Count in on 16 counts from heavy beat after the talking

Section 1: Step right scuff left, step left scuff right, run forward right left right left
1-2	Step right scuff left
3-4	step left scuff right
5,6,7,8	forward right left right left

Section 2: Monterey ½ turn right with touch and bring left foot back in together, grapevine ¼ left with a kick forward on right
1,2,3,4	Monterey ½ turn right over - point right foot to right side and as you bring your right foot in turn a ½ over your right shoulder point your left toe to left side and then bring left toe back next to right and touch down
5,6,7,8	Left to side right behind ¼ left on left and kick right foot forward

Section 3: Walk back right left right and hitch left, left coaster step
1,2,3,4	Walk back right left right and hitch left up
5,6,7,8	Step back left, step back right and step forward left

Section 4: Right side rock step into slow sailor shuffles
1-4	Rock right to right side, step left in place, cross right behind left, rock left to left side
5-8	Step right in place, cross left behind right, rock right to right side, step left foot in place

Restarts – Wall 3 Dance until the end of section 3 (this will change the direction of the dance to the side walls Wall 10 again Dance until the end of section 3 and this will change the direction of the dance back again

Ending - Last wall you will start at the front. Dance until the end of section 3 but change you back coaster step to a coaster ¼ turn left.

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