Count: 32
Wall: 4
Level: Improver
Choreographer: John Robinson (USA) - 22 March 2022
Music: Gonna Be a Good Day - Rayelle

Intro: 32 counts (about 16 seconds).
Sequence: No tags, no restarts.

## SECTION 1. HEEL GRIND, BEHIND-SIDE-CROSS, SWAYS w/SINGLE CLAPS, CHASSE LEFT w/DOUBLE CLAP

1,2 Dig $R$ forward and slightly out to right side (1); Fan $R$ toe out digging $R$ heel into floor (2)
3\&4
Step R behind L (3); Step L side left (\&); Step R across L (4)
5\&6\&
Step $L$ side left swaying left (5); Clap (\&); Sway right (6); Clap (\&)
$7 \& 8 \quad$ Step L side left (7); Step R beside L/clap (\&); Step L side left/clap (8) (angle left on 8 for smooth transition into next section)

SECTION 2. CROSS, SIDE ROCK \& CROSS, SIDE, BEHIND-SIDE-CROSS, HITCH-SLIDE, CLOSE
1,2\& Step R across L (1); Rock L side left (2); Recover R (\&)
3,4 Step L across R (3); Step R side right (4)
5\&6 Step L behind R (5); Step R side right (\&); Step L across R (6)
\&7,8 Hitch $R$ pushing off $L$ (leap) ( $\&$ ); Big step $R$ side right (7); Slide $L$ beside $R$ taking weight $L$ (you can gently pop $R$ knee forward) (8)
(If you prefer not to leap, simply ignore the \& count. Just take that big step on 7 and slide beside on 8.)
SECTION 3. PADDLE x2 TURNING 1/4 LEFT, CROSS BALL-CHANGES ("CROSS SAMBAS") x3
1\&2\& Push R ball of foot slightly out to right side (1); Turn 1/8 left (10:30) (\&); Push R ball of foot side slightly out to right side (2); Turn $1 / 8$ left (9:00) (2)
3\&4 Step R forward across L (3); Rock L side left (\&); Recover R stepping slightly forward (4)
5\&6 Step L forward across $R$ (5); Rock $R$ side right (\&); Recover L stepping slightly forward (6)
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Step $R$ forward across $L$ (7); Rock $L$ side left (\&); Recover $R$ stepping slightly forward (8)
SECTION 4. PIVOT $1 / 2$ RIGHT, TRIPLE FORWARD, BALL-STEP, HOLD, BODY ROLL FORWARD
1,2 Step $L$ forward (1); Pivot $1 / 2$ right (3:00) taking weight $R$ (2)
3\&4 Step L forward (3); Step R beside L (\&); Step L forward (4)
\&5,6 Step ball of $R$ beside $L$ (\&); Step L forward keeping weight evenly split (5); Hold (6)
$7,8 \quad$ Start body roll forward onto $L$ (7); Finish body roll forward onto $L$ (8)

## Begin again and enjoy!

FINALE: After the 11th repetition, you'll be facing 9:00. Sit back on R, turn your head only to face 12:00, smile as BIG as you can and give a "thumbs up" sign with your right hand.

