

Day to Run

COPPER KNOB
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Andrina K Faulds (SCO) - March 2017

Musique: 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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