

Good Day Coming

COPPER KNOB
STEPPERS

拍数: 96 墙数: 2 级数: Phrased Advanced
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音乐: Good Day Coming - Oh The Larceny



Start dancing on lyrics

SEQUENCE: A – B – TAG 1 – A – B – TAG 1 – TAG 1 – C – C – TAG 2 – B – C

PART A: 32c

STEP, STEP, TURN ¼, ROCK AND TURN ½, STEP, STEP, TURN ¼, MAMBO STEP

- 1-2 Step right forward, step left forward
- 3&4 Turn ¼ right and step right forward, recover to left and turn ½ right, step right forward
- 5-6 Step left forward, step right forward
- 7&8 Turn ¼ left and step left forward, recover to right, step left back

SHUFFLE, TURN ½, STEP, HITCH, STEP, SWIVEL, FULL TURN, SWEEP, STEP, SWEEP

- 1&2 Step right back, step left together, step right back
- 3&4 Turn ½ left and step left forward, hitch right (slap right hand on right thigh), step right forward
- &5 Swivel both heels right, swivel both heels to center
- 6-7 Turn ½ right and step right forward, turn ½ right and step left back
- &8& Sweep right from forward to back and step right back, sweep left from forward to back

ROCK STEP WITH TOUCH, LONG STEP, SLIDE, ROCK STEP, TURN ½, TOE STRUT

- 1-2 Step left back and touch right forward, recover to right
- 3-4 Long step left forward, drag right towards left
- 5-6 Step right forward, recover to left and turn ½ right
- 7-8 Touch right toe forward, bring weight on right

LOCK STEP, JAZZ BOX ½ TURN, CROSS&UNWIND 1 TURN, BODY ROLL

- 1&2 Step left forward, cross right behind, step left forward
- 3&4& Cross right over, step left back and turn ¼ left, turn ¼ left and step right side, step left together
- 5-6 Cross right over, unwind 1 turn left
- 7-8 Body roll up (weight on left)

PART B: 32c

(JUMPING) FULL TURN, ROCK FORWARD X 2, ROCK BACK WITH HEEL X2, FULL TURN

- &1&2 (Jumping) Flick right, turn ½ left and step right back, flick left, turn ½ left and step left forward
- &3&4& Flick right, step right forward, recover to left, step right forward, recover to left
- 5&6& Step right back and touch left heel forward, recover to left, step right back and touch left heel forward, recover to left
- 7-8 Turn ½ left and step right back, turn ½ left and step left forward

(JUMPING) KICK, STEP RIGHT &LEFT X2, JUMP, CROSS&UNWIND, ROCK STEP

- 1&2&3&4 Kick right forward, step right forward and flick left back, kick left forward, step left forward and flick right back, kick right forward, step right forward and flick left back, kick left forward
- &5-6 Jump on both feet, jumping cross right over, unwind 1 turn left
- 7-8 Step right side, recover to left

Styling: following the movement of the feet, bring the right shoulder to the right on “step right side” and the left shoulder to the left on “recover to left”.

BEHIND SIDE CROSS, ¼ TURN, WALK X 3, STEP, PIVOT ½ TURN, ¾ TURN

- 1&2 Cross right behind, step left side, cross right over
3&4 Turn ¼ left and step left forward, step right forward, step left forward
5-6 Step right forward, turn ½ left and step left forward
7-8 Turn ½ left and step right back, turn ¼ left and step left side

VAUDEVILLE X 2, KICK, KICK, PIROETTE WITH RONDE-JAMBE

- 1&2& Cross right over, step left slightly diagonally back, touch right heel diagonally forward, recover to right
3&4& Cross left over, step right slightly diagonally back, touch left heel diagonally forward, recover to left
5-6 Kick right diagonally left forward, kick right diagonally right forward
7-8 Turn all around with ronde-jambe right leg

TAG 1**PRESS, BEHIND-SIDE-CROSS, TOE GRIND ¼ TURN, COASTER STEP,**

- 1-2 Press ball right into the floor to right side, recover to left
3&4 Cross right behind, step left side, cross right over
5-6 Touch left side, take weight on left ball as you turn ¼ left and recover to right
7&8 Step left back, step right together, step left forward

TURN ¼, ROCK STEP, CROSS, TURN ¼, STEP, CAMEL WALK X 2, LOCK STEP

- 1-2 Turn ¼ left and step right side, recover to left
3&4 Cross right over, turn ¼ right and step left back, turn ¼ right and step right side
5-6 Touch left toe forward, take weight on left and drag right foot forward making a touch toe right, take weight on right and drag left foot forward making a touch toe left
7&8 Step left forward, cross right behind, step left forward

PART C: 32c**CLAP X 8 WALKING AROUND IN A CIRCLE (CLOCKWISE)**

- 1-8 Walk & Clap

(JUMPING) STEP, (JUMPING) ½ TURN, SAILOR ½ TURN WITH SWEEP, SCUFF, HITCH, BACK, BODY ROLL

- 1-2 (Jumping) step right side, (jumping) turn ½ right and step left side
3&4 Sweep right and cross right behind turning ½ right, step left side, step right side
5&6 Scuff left, hitch left, step left back
7-8 Body roll down (weight on left)

MASHED POTATOES BACK AND FORWARD, POINT, MONTEREY ½ TURN, POINT

- &1&2 Rotate the heels outwards, rotate the heels inwards making a step right back, Rotate the heels outwards, rotate the heels inwards making a step left back
&3&4 Rotate the heels outwards, rotate the heels inwards making a step right back, Rotate the heels outwards, rotate the heels inwards making a step right forward
5& Point left toe side, step left together
6&7 Point right toe side, turn ½ right and step right together, point left toe side
&8 Step left together, point right toe side

STEP, HITCH, KICK, STEP, FLICK (WITH SLAP), STEP, FULL TURN TWICE

- 1-2-3 Step right together, hitch left diagonally right, kick left diagonally back
4&5 Step left forward, flick right (with slap right hand), step right forward
6 Step left forward
&7&8 Turn ½ left and step right back, turn ½ left and step left forward, turn ½ left and step right back, turn ½ left and step left forward

TAG 2

JUMP, HOLD X 7, SHUFFLE, BEHIND-SIDE-STEP, HOLD X 4

- 1 Jump on both feet
- 2-3-4 While you stand still on the feet, with the body make a circle anticlockwise
- 5-6-7-8 While you stand still on the feet, alternately raise the shoulder starting from the right

SHUFFLE, BEHIND-SIDE-STEP, HOLD X 4

- 1&2 Step right side, step left together, step right side
- 3&4 Cross left behind, step right side, step left together
- 5-6-7-8 While you stand still on the feet, alternately raise the shoulder starting from the right

SHUFFLE, ½ TURN, SHUFFLE, STEP, SWIVEL X 2, ½ TURN, STEP,

- 1&2 Step right side, step left together, step right side
- 3&4 Turn ½ left and step left forward, step right together, step left forward
- 5&6&7 Step right side, swivel left heel right, swivel left heel to the center, swivel right heel left, swivel right heel to the center
- 8 Turn ½ left and step left forward

TOE STRUT X 4

- 1-2 Touch right toe forward, bring weight on right
- 3-4 Touch left toe forward, bring weight on left
- 5-6 Touch right toe forward, bring weight on right
- 7-8 Touch left toe forward, bring weight on left

Last Update: 11 Jul 2025
