

Good Day To Run

Choreographed by: *Benny Ray (Denmark), July 2011*

Description: *32 counts, 2 wall, beginner line dance*

Music: *"A Good Day To Run" by Darryl Worley (from the album: "Have You Forgotten")*

4 X DIAGONAL STEP TOUCH

1-2 Step forward to right diagonal, touch left next to right
3-4 Step back to left diagonal, touch right next to left
5-6 Step back to right diagonal, touch left next to right
7-8 Step forward to left diagonal, touch right next to left

R STEP, LOCK, STEP, SCUFF, L STEP, LOCK, STEP, SCUFF

9-10 Step forward on right, lock left behind right
11-12 Step forward on right, scuff left forward
13-14 Step forward on left, lock right behind left
15-16 Step forward on left, scuff right forward

STEP, ½ TURN, STEP, HOLD, TRIPLE FULL TURN R

17-18 Step forward on right, make ½ turn left
19-20 Step forward on right, hold
21-22 Make ½ turn right stepping back on left, make ½ turn right stepping forward on right
23-24 Step forward on left, hold

RUN FORWARD, TOUCH, RUN BACK, TOUCH

25-26 Step forward right, step forward left
27-28 Step forward right, touch left next to right
29-30 Step back left, step back right
31-32 Step back left, touch right next to left

REPEAT

www.bennyray.dk