

# 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**