

## **A GOOD DAY TO RUN**

Choreographed by Anna Balaguer

Description 32 Count: 4 Wall Intermediate Line Dance

Music: [A Good Day to Run - Have You Forgotten?](#) by Darryl Worley

### **ROCK, RECOVER, BACK 3/4 TURN SHUFFLE, CROSS, STOMP**

- 1-2 Rock forward on Left, Recover on Right
- 3&4 Shuffle backward turning 3/4 left stepping Left, Right, Left
- 5-6 Touch Right toe to right side, Brush Right toe beside left
- 7-8 Cross-step Right over Left, Stomp Left beside Right

### **STEP, BRUSH, ROCK BACK, RECOVER, CROSS, RECOVER, TWO STEP FULL TURN**

- 9-10 Step Left forward, Brush Right beside Left
- 11-12 Rock back on Right touching Left heel forward, Recover on Left
- 13-14 Cross right over the left, replace on left
- 15 Step to right on Right turning 1/4 right
- 16 Step Left to left turning 3/4 right (now facing line of dance)

### **KICK-BALL-CROSS, TOE, TOE, STEP, TOUCH, BACK, & HEEL, HEEL**

- 17&18 Kick Right forward, Step on ball of Right, Cross Left over Right
- 19-20 Touch Right toe to right side, Touch Right toe beside Left
- 21-22 Step forward on Right, Touch Left toe behind Right foot
- &23-24 Step Left backward, Touch Right heel forward, Touch Right heel diagonally to right side

### **HEEL, & BACK, HEEL, HEEL, HEEL, COASTER BACK, SHUFFLE**

- 25&26 Touch Right heel forward, Step Right backward, Touch Left heel forward
- 27-28 Touch Left heel diagonally to left side, Touch Left heel forward
- 29&30 Left coaster step backward stepping Left, Right, Left
- 31&32 Shuffle forward stepping Right, Left, Right

***BEGIN DANCE AGAIN***