

# Good Day To Run

Choreographed by Yvonne & Dyka

Description: 32 count beg/intermediate partnerdance

Music: Good Day To Run by Darryl Worley

Adapted from linedance "A good day to run"  
choreographed by Benny Ray



[www.coupledance-storemerlose.dk](http://www.coupledance-storemerlose.dk)

Many thanx 2 benny 4 allowing us to adapt his dance. y & d, Position: Sweetheart

- 1 - 4            Right foot step diagonal right & forward  
                  left foot touch to right foot  
                  left foot step diag left & back,  
                  right foot touch to left foot
- 5 - 8            right foot step diag right & back,  
                  left foot touch to right foot  
                  left foot step diag left & forward  
                  right foot touch to left foot
- 9 - 12           right foot step forward, left foot lock behind right  
                  right foot step forward, left foot scuff past right
- 13 - 16           repeat 9-12 leading with left foot
- 17 - 20           right foot step forward, pivot ½ turn left  
                  right foot step forward, hold one count  
                  (release right hands, raise left hand to allow  
                  gent to turn under left arms)
- 21 -24           left foot step & rock forward,  
                  rock back onto right foot  
                  left foot step into ½ turn left, hold one count  
                  (raise left hands to allow lady to turn under arms  
                  re-join right hands into sweetheart position)
- 25 - 28           right foot step forward, left foot step forward  
                  right foot step forward, left touch beside right
- 29 - 32           left foot step back, right foot step to left foot  
                  left foot step forward, right touch beside left

begin again

Sektion 4: count 24 & 32 tilrettet af  
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