



Approved by:

Benny Ray

Good Day To Run

2 WALL – 32 COUNTS – BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Diagonal Step Touches		
1 – 2	Step right forward on right diagonal. Touch left beside right.	Forward Touch	Forward
3 – 4	Step left back on left diagonal. Touch right beside left.	Back Touch	Back
5 – 6	Step right back on right diagonal. Touch left beside right.	Back Touch	
7 – 8	Step left forward on left diagonal. Touch right beside left.	Forward Touch	Forward
Section 2	Forward Lock Step, Scuff (x 2)		
1 – 2	Step right forward. Lock left behind right.	Right Lock	Forward
3 – 4	Step right forward. Scuff left forward.	Right Scuff	
5 – 6	Step left forward. Lock right behind left.	Left Lock	
7 – 8	Step left forward. Scuff right forward.	Left Scuff	
Section 3	Step, Pivot 1/2, Step, Hold, Triple Full Turn, Hold		
1 – 2	Step right forward. Pivot 1/2 turn left.	Step Pivot	Turning left
3 – 4	Step right forward. Hold.	Step Hold	Forward
5	Make 1/2 turn right stepping left back.	Turn	Turning right
6	Make 1/2 turn right stepping right forward.	Turn	
7 – 8	Step left forward. Hold.	Step Hold	Forward
Section 4	Run Forward x 3, Touch, Run Back x 3, Touch		
1 – 2	Step right forward. Step left forward.	Right Left	Forward
3 – 4	Step right forward. Touch left beside right.	Right Touch	
5 – 6	Step left back. Step right back.	Left Right	Back
7 – 8	Step left back. Touch right beside left.	Left Hold	

Choreographed by: Benny Ray (DK) July 2011

Choreographed to: 'Good Day To Run' by Darryl Worley (148 bpm) from CD Have You Forgotten; also available as download from amazon.co.uk or iTunes (16 count intro)



A video clip of this dance is available at www.linedancermagazine.com