

Dance For Today

56 count, 4 wall, intermediate level

Choreographer: Glynn Rodgers (AppleJack) (UK)

April 2004

Choreographed to: Good Day by Darrel Worley

Start On Vocals

1-8: Heels x2, Toes x2, Star.

- 1-2: Dig right heel forward twice.
- 3-4: Touch left toe back twice.
- 5-6: Touch right toe forward and to right side.
- 7-8: Touch right toe back, touch right toe in place.

9-16: Rumba Box

- 1-2: Step right to right side, close left to right.
- 3-4: Step forward right, touch left beside right.
- 5-6: Step left to left side, close right to left.
- 7-8: Step back left, touch right beside left.

17-24: Weave, Rock and Cross Shuffle.

- 1-2: Step right to right side, step left behind right.
- 3-4: Step right to right side, cross left over right.
- 5-6: Rock right to right side, recover weight onto left.
- 7&8: Cross right over left, close left to right, cross right over left.

25-32: Weave, Pivot Turn and Shuffle Forward.

- 1-2: Step left to left side, step right behind left.
- 3-4: Step left to left side, cross right over left.
- 5-6: Step left slightly forward, pivot 1/4 turn right.
- 7&8: Step left forward, close right to left, step forward left.

33-40: Rock, Coaster Step, Pivot x2.

- 1-2: Rock forward right, recover weight onto left.
- 3&4: Step back right, close left to right, step forward right.
- 5-6: Step forward right, pivot half turn left.
- 7-8: Step forward right, pivot half turn left.

41-48: Step, Kick x3, Coaster Step, Pivot Turn.

- 1-2: Step forward right, kick left foot forward.
- 3-4: Kick left foot forward twice.
- 5&6: Step back left, close right to left, step forward left.
- 7-8: Step forward right, pivot half turn left.

49-56: Shuffle, Half Turn, Step Back, Rock, Pivot Turn.

- 1&2: Step forward right, close left to right, step forward right.
- 3-4: Turn a half turn left, stepping back right, step back onto left foot.
- 5-6: Rock back onto right foot, recover weight onto left.
- 7-8: Step forward right, pivot half turn left.