**Good Day To Run**

**Description:** Partner Dance. (64 Counts) Opposite Footwork throughout

**Start:** Sweetheart Position

**Choreographers:** Alan & Sonia Cole ( [alan.sonia@btinternet.com](mailto:alan.sonia@btinternet.com) ) Website <http://alan-and-sonia.webs.com>

**Video Link :** [**https://www.youtube.com/watch?v=N6PE95-itQw**](https://www.youtube.com/watch?v=N6PE95-itQw%09)

**Music:** “ A Good Day To Run ” by Darryl Worley. CD: Hard Rain Don’t Last Start after16 Count Intro

**Back Mambo, Step Lock Step.**

**1-4** **GENT**:- Rock back on Lt, Recover on Rt, Step forward on Lt, Hold

**LADY:-** Rock back on Rt, Recover on Lt, Step forward on Rt, Hold

**5-8** **GENT :-** Step forward on Rt, Lock Lt behind Rt, Step forward on Rt, Hold

**LADY :-**  Step forward on Lt, Lock Rt behind Lt, Step forward on Lt, Hold

**Gent ½ turn Rt into Hammerlock, Lady forward mambo, Both coaster step.**

**9-12 GENT:-** Step forward on Lt, Pivot ½ turn Rt on Rt, Turn ½ turn Rt stepping back on Lt. Hold

( Taking Rt Arms over Gents head, keeping left low, taking Gent into Hammerlock )

**LADY:-** Rock forward on Rt, Recover on Lt, Step back on Rt, Hold

**13-16 GENT:-** Step back on Rt, Step Lt next Rt, Step forward on Rt, Hold

**LADY:-** Step back on Lt, Step Rt next Lt, Step forward on Lt, Hold

**Step Lock Step, Gent walk X3, Lady ½ turn RT into crossed arms.**

**17-20 GENT:-** Step forward on Lt, Lock Rt behind Lt, Step forward on Lt, Hold

**LADY:-** Step forward on Rt, Lock Lt behind Rt, Step forward on Rt, Hold

**21-24 GENT:-** Walk forward RT, LT, RT, Hold

**LADY:-** Step forward on Lt pivoting ½ turn Rt, Step Back on Rt, Lt, Hold ( lady now facing RLOD )

( release Lt hands and take Rt Arms over Ladies head as she turns picking up crossed arms RT on top )

**Gent Step, turn ,step, ½ turn Rt, Lady Back rock, ½ turn Lt, Step back ( into Windows ), Both Small Coaster Step.**

**25-28 GENT:-** Step forward on Lt, pivot ½ turn Rt on Rt, Step forward on Lt, Hold.

**LADY:-** Rock back on Rt, turn ½ turn Lt on Lt, Step back on Rt, Hold

( Taking both Arms over Ladies Head on turn going into Windows )

**29-32** **GENT:- ( Taking Small Steps )** Step back on Rt, Step Lt next Rt, Step forward on Rt, Hold

**LADY:- ( Taking Small Steps )** Step back on Lt, Step Rt next Lt, Step forward on Lt, Hold

**Gent ¾ turn Lt, Lady ¼ turn Rt coming out of Windows in to crossed hands, Both ¼ turn to LOD**

**33-36 GENT:-** Walk round ¾ turn Lt on Lt, Rt, Lt, Hold to face ILOD

**LADY:-** Turn ¼ turn Rt on Rt, Lt, Rt, Hold to face OLOD

( taking both Arms over Ladies Head to end up facing each other Arms crossed Rt Arms on top )

**37-40 GENT:-** Rock back on right, recover on left turning ¼ turn Rt into LOD,step RT next to LT, Hold ( keep hold of hands )

**LADY:-** Rock back on left, recover on right turning ¼ turn Lt into LOD, step Lt next to Rt, Hold ( keep hold of hands )

**Gent Rock Step, Step together, Lady ½ turn LT taking both hands over head into windows, Both Pinwheel ½ turn LT**

**41-44 GENT:-** Rock forward on Lt, recover on Rt, step Lt next to Rt, Hold

**LADY:-** Lifting both hands over head turn ½ turn Lt on RT, Lt, Rt, Hold. ( coming into windows. )

**45-48 GENT:-** Walk round ½ turn left on Rt, LT, RT, Hold to face RLOD

**LADY:-** Walk round ½ turn left on Lt, Rt, Lt, Hold to face LOD

**Gent ½ turn left into LOD, Walk X3 hold, Lady Full Turn Rt out of windows, Full turn Rt, hold**

**49-52 GENT:-** Turn ½ turn Lton Lt, Rt, Lt, Hold. ( taking both hands over Ladies Head )

**LADY:-** Taking both hands over head turn Full turn turn Rt on Rt, Lt, Rt hold, to face LOD ( coming out of windows )

**53-56** **GENT:-** Releasing left hands, taking Rt hands over ladies head , walk forward on Rt, Lt, Rt, Hold

**LADY:-** taking Rt hands over ladies head Full Turn Rt on Lt, Rt, Lt Hold ( optional walk forward on Rt,Lt,Rt Hold )

( Come back into Sweetheart Position )

**Both, Shuffle forward, Forward Mambo.**

**57-60 GENT:-** Shuffle Forward on Lt, Rt, Lt, Hold.

**LADY:-** Shuffle Forward on Rt, Lt, Rt, Hold

**61-64 GENT:-** Rock Forward on Rt, Recover on Lt, Step Back on Rt, Hold

**LADY:-** Rock Forward on Lt, Recover on Rt, Step Back on Lt, Hold

**Begin Again & Happy Dancing**

Alan & Sonia