One Good Thing



Count: 32 Wand: 4 Ebene: High Beginner

Choreograf/in: Inge Vestergård (DK) - February 2025

Musik: One Good Thing - Aloe Blacc



Intro: 8 counts from beginning of track. App. 4 secs. Weight on L foot. Tag after wall 4 and wall 9. See description at bottom of page.

Sec. 1:	Valk R – L, R Shuffle fwd, L Rock Step, L Coaster Cross
1–2	Walk R, Walk L

3&4 Step R fwd, Step L next to R, Step R fwd

5–6 Rock L fwd, Recover on R

7&8 Step L back, Step R next to L, Cross L over R

Sec. 2: R Side Step, L Cross Back, 1/4 Shuffle R, 2 x Cross Point

1–2 Step R to R side, Cross L behind R

Turn ¼ R stepping R fwd, Step L next to R, Step R fwd. (3.00)
Cross L over R, Point R to R side, Cross R over L, Point L to L side

Sec. 3: L Jazzbox Backwards, R Jazzbox ¼ Turn R, L Step Lock Step

1-3 Cross L over R, Step R Back, Step L diagonal Back

4-6 Cross R over L, ¼ turn R stepping Back on L, Step R to R side (6:00)

7&8 Step fwd L, Lock R behind L, Step fwd L

Sec. 4: R Rocking Chair, 1/2 Pivot L, 1/4 Pivot L

1-4 Rock R fwd, Recover L, Rock R back, Recover L
5-6 R step fwd, ½ turn L stepping fwd on L (12:00)
7-8 R step fwd, ¼ turn L stepping fwd on L (9:00)

Tag after wall 4 facing 12 o'clock

1-4 Cross R over L and snap fingers, Point L to L side, Cross L over R and snap fingers, Point R to R side

Tag after wall 9 facing 3 o'clock

1-4 Cross R over L, Point L to L side and snap fingers, Cross L over R and snap fingers, Point R

to R side

5-8 Cross R over L, Point L to L side and snap fingers, Cross L over R and snap fingers, Point R

to R side

Ending:

Wall 13 starts facing 12 o' clock. Dance the whole dance. Then do a Jazz 1/4 turn R to face 12 O' Clock

1-4 Cross R over L, ¼ turn R stepping back on L, Step R to R side, Cross L over R and POSE.

Start all over and enjoy the great music

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