

# Goodnight Fred

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Gerard Murphy (CAN), Marilynne Delurey (CAN) & Cathy Montgomery (CAN)

Musik: When the Lights Go Out - Five



## SHUFFLE FORWARD LEFT, SCUFF ¼ TURN LEFT, HITCH LEFT, BUMP AND BUMP

- 1&2 Shuffle forward left, right, left  
3-4 Scuff right foot forward, turn ¼ turn left and step right foot forward  
5-6 Touch left foot beside right, step left foot in place with a bump to the left  
**If more comfortable hitch left knee up on count 5**  
7&8 Bump hips right, left, right

## SIDE SHUFFLE LEFT, SAILOR RIGHT, LEFT BEHIND SIDE AND STEP FORWARD, SWIVEL RIGHT TOE

- 1&2 Side shuffle left, right, left  
3&4 Sailor shuffle right, left, right  
5&6 Step left foot behind right, step right to side, step left foot forward  
7&8& Touch right toe forward with toe turned in, swivel right heel out, in, out

## TRAVELING MASHED POTATO STEPS BACK RIGHT AND LEFT, RIGHT COASTER STEP, SHUFFLE FORWARD LEFT, AND TWO PADDLE TURNS LEFT ¼ TURN EACH

- &1 Rise up on ball of left foot with toes turned in on both feet, step back on right foot with toes turned out on both feet  
&2 Rise up on ball of right foot with toes turned in on both feet, step back on left foot with toes turned out on both feet  
3&4 Coaster step right, left, right  
5&6 Locking shuffle forward left, right, left  
7&8 Turn ¼ left and touch right toe to side, hitch right knee, turn ¼ left and touch right toe to side

## WHILE TRAVELING BACK RIGHT FRONT SAILOR, LEFT FRONT SAILOR, WALK FORWARD RIGHT, LEFT, ½ TURN PIVOT LEFT, TOUCH LEFT TOE ACROSS RIGHT

- 1&2 Step right foot across left, step left to side, step right beside left  
3&4 Step left foot across right, step right to side, step left beside right  
5-6 Walk forward right, left  
7-8 Step forward on right, turn ½ left and touch left toe across right

## REPEAT

## RESTART

After third wall repeat the first 8 counts of the dance and then start dance again

After completing the dance 5 more times repeat the first 8 counts of the dance twice, and then start dance again