

The Goodness

Count: 64

Wall: 4

Level: High Beginner

Choreographer: Regina Hayes (USA) - April 2023

Music: The Goodness - TobyMac & Blessing Offor



Add kicks and bounces for a more hip-hop feel.

[1-8]: Hip bumps w/hitches, K step

1&2& Step R diag bump hips r/l/r, hitch L,
3&4& Step L diag bump hips l/r/l, hitch R
5&6& Step R fwd diag, touch L, Step L back diag, touch R
7&8& Step R back diag, touch L, Step L fwd diag, touch R

[9-16]: Run fwd hitch, run back, hold, rock/rec, ¼ L w/ step-touches

1&2&3&4 Run fwd r/l/r, hitch L knee (add R arm up for "oh"), Run back l/r/l
5,6,7&8& R rock back/rec L, step R ¼ turn L, touch L by R, step L, touch (kick) R
(Restart here, walls 4 and 7)

[17-24]: Sambas forward (or cross/point to side)

1&2 Cross R over L, Rock L ball to side, recover R (+ kick)
3&4 Cross L over R, Rock R to side, recover L (+ kick)
5&6 Cross R over L, Rock L ball to side, recover R (+ kick)
7&8 Cross L over R, Rock R to side, recover L

(Or cross/point r/l/r/l for a straight count)

[25-32]: Pony steps back, rock (lunge) back, rocking chair

1-4 Step R back, tap L fwd/snap, step L back, tap R fwd/snap (bouncy)
5,6,7&8& Rock (or lunge) R back, rec L, rock R fwd, rec L, rock R back, rec L
(+ kick up L every time you rock R)

Tag: after Wall 2 add another rocking chair (1&2&)

Restart: Walls 4 and 7, after 16

The more bounce and kicks you put in this dance, the more hip-hop feel it has. Enjoy!