

One Good Thing

Compte: 32

Mur: 4

Niveau: High Beginner

Chorégraphe: Inge Vestergård (DK) - February 2025

Musique: 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: Walk 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, ¼ Shuffle R, 2 x Cross Point

1-2 Step R to R side, Cross L behind R
3&4 Turn ¼ R stepping R fwd, Step L next to R, Step R fwd. (3:00)
5-8 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, ½ Pivot L, ¼ 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 ¼ 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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