

# My Goodies

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Laight Thomas Shawn Christopher (SG) & Toh Shio Lin Sueann

**Musique:** Goodies - Ciara



## **STEP BACK ROCK STEP, ¼ TURN ROCK RECOVER. BACK ROCK SLIDE TOUCH**

- 1-2& Step right to right on, rock left back of right, recover weight to right on  
3-4-5 Step left foot forward, making a ¼ turn to right, recover weight to left  
6&7 Rock right back of left, recover weight to left, slide right to right  
8 Touch left beside right

## **JUMP BACK TOUCH WITH HAND MOVEMENTS, HITCH STEP, SAILOR ¼ TURN STEP**

- &1 Jump left back to left, step right to right  
2& Slide right foot towards left, look left with right hands sweeping in a motion to the left around head, bring hand back, look forward touching left foot beside right  
3& Push out both hands straight with palms open, bring back hands in  
4&5 Cross both hands with fingers pointing down, hitch left leg bring back hands to chest with palms close, step left foot to left and push hands out facing diagonally left  
6&7 Rock left back of right, recover weight onto right, making ¼ turn left step left forward  
8 Step right forward

## **TOUCHES, ¼ TURN ROCK, AND CROSS, STEP, SHOULDERS POP**

- 1-2 Touch left toe forward, touch left toe back  
3-4 Making ¼ turn left, recover weight to right, (right hand touch right cheek and push it to left, with hand still touching push cheek to left)  
&5 Step left to left, cross right over left  
6 Step left to left with right hand brushing off left shoulder  
7-8 Pop right shoulders to right, pop left shoulders to left

## **BODY ROLL 1/8 (DIAGONALLY), KICK BALL 1/8, STEP TOUCH, TWIST AND STEP**

- 1&2 Do a body roll diagonally right 1/8 (1&), step left foot forward, step right foot diagonally forward 1/8, (flow both hands down from shoulders following body roll motion (1&2))  
3&4 Kick right forward, step left back 1/8 to left, touch right beside left  
5-6 Step right forward, touch left forward diagonally 1/8 to left  
7&8& Twist left heel out to right, twist left heel back to left, twist left heel out to right, step left foot to left (when doing count (7&8&)) put hands up facing diagonally 1/8 left showing index finger doing a "no no" sign)

## **REPEAT**

## **TAG**

**On the second wall, restart at the end of the second eight. Everything is the same except of the last three counts. You will restart the dance facing the front wall**

## **SAILOR STEP TOUCH**

- 6&7 Rock left back of right, recover weight onto right, step down left foot to left side  
8 Touch right beside left