

Good Enough

拍数: 64 墙数: 4 级数: Phrased Improver
编舞者: Adam Åstmar (SWE) - December 2015
音乐: The Best You Can Is Good Enough - Martin Almgren



Sequence A-TAG 1- B-TAG 2- B-B- B-A- B-B- TAG 2

Intro: 44 counts starting after you hear the first boom-effect before he starts singing

Part A – 32 counts

Sect – A1: LONG STEP, DRAG, ROCK BACK, LONG STEP, DRAG, BEHIND, 1/4 TURN STEP

- 1 - 2 Long step R to the right, drag L next to R
- 3 - 4 Rock L behind R, recover to R
- 5 - 6 Long step L to the left, drag R next to L
- 7 - 8 Step R behind L, 1/4 turn to the left stepping L forward (9:00)

Sect – A2: 1/2 TURN STEP, SWEEP, BACK, TOGETHER, CROSS ROCK, HOLD, RECOVER, SIDE

- 1 - 2 Turn 1/2 to the left stepping R back, swep L counter-clockwise to the left (3:00)
- 3 - 4 Step L back, step R next to L
- 5 - 6 Cross rock L over R, hold
- 7 - 8 Recover to R, step L to the left

Sect – A3: CROSS STEP, HOLD, 1/4 TURN STEP X2, CROSS STEP, HOLD, ROCK SIDE

- 1 - 2 Cross R over L, hold
- 3 - 4 turn 1/4 to the right stepping L back, turn 1 / 4 to the right stepping R to the right (9:00)
- 5 - 6 Cross L over R, hold
- 7 - 8 Rock R to the right, recover to L

Sect – A4: BEHIND, HOLD, SIDE, CROSS, SIDE, HOLD, 1/4 TURN STEP, STEP

- 1 - 2 Step R behind L, hold
- 3 - 4 Step L to the left, cross R over L
- 5 - 6 Step L to the left, hold
- 7 - 8 Turn 1/4 to the right stepping R forward, step L forward (12:00)

Part B (Main Dance)

Sect - B1: BALL, STEP, TOUCH, STEP,, KICK BALL CROSS, 1/4 TURN STEP, 1/2 TURN STEP

- & 1 - 2 Ball step R in place, step L forward, touch R next to L
- 3 Step R back
- 4 & 5 Kick L forward, ball step L next to R, cross R over L
- 6 - 7 Turn 1/4 to the right stepping L back, turn 1/2 to the right stepping R forward (9:00)
- 8 & 1 Step L forward, step R next to L, step L forward

Sect - B2: SHUFFLE FORWARD, ROCK, RECOVER, BALL, WALK BACK X3, HEEL, BALL

- 2 - 3 Rock R forward, recover to L
- & 4 - 5 Ball step R back, walk back stepping L, R
- 6 - 7 & Walk back on L, touch R heel forward, ball step R next to L
- 8 & Touch L toe next to R, ball step L next to R

Sect - B3: TOUCH, BALL, CROSS HEEL GRIND, SAILOR STEP, CROSS, SIDE, SAILOR 1/4 TURN

- 1 - 2 Dig R heel over L, grind on heel and turn toes to the right stepping L to the left
- 3 & 4 Cross R behind L, step L in place, step R to the right
- 5 - 6 Cross L over R, step R to the right
- 7 & 8 Cross L behind R, turn 1/4 to the left stepping R next to L, step L forward (6:00)

Sect - B4: BALL, WALK X2, SHUFFLE FORWARD, STEP 1/4 TURN, FULL TURN

- & 1 - 2 Ball step R forward, walk forward stepping L, R
- 3 & 4 Step L forward, step R next to L, step L forward
- 5 - 6 Step R forward, turn 1/4 to the left (3:00)
- 7 - 8 Turn 1/2 to the right stepping R back, turn 1/2 to the right stepping L forward (3:00)

TAG - 1 STOMP, HOLD, STOMP, HOLD, SIDE, TOUCH, SIDE, TOUCH

- 1 - 2 Stomp R to the right, hold
- 3 - 4 Stomp L to the left, hold
- 5 - 6 Step R to the right, touch L next to R
- 7 - 8 Step L to the left, touch R next to L

TAG - 2 LONG STEP, DRAG, ROCK BACK, LONG STEP, DRAG, ROCK BACK

- 1 - 2 Long step R to the right, drag L next to R
- 3 - 4 Rock L behind R, recover to R
- 5 - 6 Long step L to the left, drag R next to L
- 7 - 8 Rock R behind L, recover to L

Second time on tag 2, last steps, you can rock back, recover into a step turn and end to the front.

Have fun!

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