The Good Parts



拍数: 32 墙数: 4 级数: Intermediate

编舞者: Amy Glass (USA) - January 2018

音乐: The Good Parts - Andy Grammer: (iTunes)



Approx. 40 Count Intro. (Starts at about 40 seconds into the track when bass kicks in) Restart after 2 counts on wall 3 (facing 6:00)

[1-8] Fwd Diagonal, Cross, R Scissor, Side, Back Rock Recover, 1/4 L, 1/2 L

1-2 Step RF to R diagonal, Cross LF over RF

**Wall 3 facing 6:00, restart here

3&4 Step RF to R, Close LF next to RF, Cross RF over LF

&56 Step LF to L, Rock Back on RF [opening up to diagonal (1:30)], Recover weight on LF

7 1/4 L stepping back on RF (9:00) 8 1/2 L stepping forward on LF (3:00)

[9-16] 1/2 L, Collect, Fwd, Rock L, Recover, Back, Open, Point, Walk x2, Rock, Recover

&1 Turn 1/2 L Stepping on RF, Collect LF next to RF (9:00)

2-3&4 Step forward on RF, Rock fwd on LF, Recover weight on RF, Step Back on LF &5 Open back up to 12:00 Stepping RF to R and turning 1/4 R, Point LF to L

6-7 Recover weight on LF while turning 1/4 L, Walk forward R (9:00)

8& Rock fwd on LF, Recover weight on RF

[17-25] NC Basic L, 1/4 R, Chase 1/2 R, Smooth Walk x2, Step Pivot 3/4 L

1-2& Step LF to L, Collect RF next to LF, Cross LF over RF

3 1/4 R stepping fwd on RF

4&5 Step fwd on LF, Pivot 1/2 R, Step Fwd L

6-7 Walk fwd R, L

8& Step fwd R, Pivot 3/4 L (9:00)

[25-32] Side R, Behind, Side, Cross Rock Recover, Side, Cross, Sway L/R, Basic L

1-2& Step RF to R, Step LF behind RF, Step RF to R3-4 Cross rock LF over RF, Recover weight on RF

5-6 Step LF to L while swaying L, Sway R

7-8& Step LF to L, Collect RF next to LF, Cross LF over RF

Ending: Dance through the piano solo—your steps should be on the piano notes. You will finish after the rock recover, back (counts 11-12). Finish by stepping back rather than opening up 1/4 to the R so you will finish facing 12:00.

I hope you take the time to listen to the lyrics and enjoy the dance. Really powerful message.

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