

Good Rhythm

拍数: 32 墙数: 4 级数: Improver
编舞者: Ami Carter (UK) - October 2018
音乐: Good Rhythm by Eric Hutchinson



Intro: 16 counts from start of track on vocals

Restarts: Wall 3 after 16 counts, Wall 7 after 24 counts

[1 – 8] SIDE, TOUCH, SIDE, TOUCH, SIDE-TOGETHER-SIDE, CROSS ROCK, SIDE ROCK, ¼ SAMBA STEP

1&2& Step right foot to right side, touch left next to right, step left foot to left side, touch right next to left
3&4 Step right foot to right side, step left foot next to right, step right foot to right side
5&6& Cross left over right, recover back onto right foot, rock left to left side, recover onto right foot
7&8 Cross left over right, make ¼ turn left stepping right foot back, replace weight forward onto left foot (9.00)

[9 – 16] RIGHT LOCK STEP, LEFT LOCK STEP, STEP ½ PIVOT, STEP ¼ PIVOT, CROSS

1&2 Step right foot forward, lock left foot behind right, step right foot forward
3&4 Step left foot forward, lock right foot behind left, step left foot forward
5 6 Step right foot forward, make ½ turn left changing weight to left foot
7&8 Step right foot forward, make ¼ turn left changing weight to left foot, cross right foot over left (12.00)

(Restart: Wall 3 facing 6.00 - replace count 16 with a right touch)

[17 – 24] SIDE, BEHIND & HEEL & CROSS, SIDE, BEHIND & HEEL & CROSS

1 2 Step left foot to left side, cross right behind left
&3&4 Step left foot to left, touch right heel to right diagonal, step right foot next to left, cross left foot over right
5 6 Step right foot to right side, cross left behind right
&7&8 Step right foot to right, touch left heel to left diagonal, step left foot next to right, cross right foot over left

(Restart: Wall 7 facing 3.00 - replace count 24 with a right touch)

[25 – 32] SIDE, ¼ SAILOR STEP, STEP FORWARD, SIDE, TOUCH, POINT OUT-IN, SIDE, TOGETHER, SWIVET

1 Step left foot to left side
2&3 Step right foot behind left, make ¼ turn right stepping left foot in place, step right foot slightly forward
4 Step left foot forward
5&6& Step right foot to right side, touch left next to right, point left out to left side, touch left next to right
7& Step left foot to left side, step right foot next to left
8& Twist right toe to right and left heel to left, return heel and toe to centre

START AGAIN