

Good On U

拍数: 60 墙数: 2 级数: Easy Intermediate
编舞者: Diane Blairs (UK) - May 2020
音乐: Good on You - Ward Thomas : (Album: Cartwheels)



Intro: 24 Counts: Start on Vocals ('sorry') (No Tag or Restarts)

(SLOW SWEEPS) STEP BCK R SWEEP, STEP BCK L SWEEP.

1 2 3 Step back on right sweep left,
4 5 6 Step back on left sweep right.

RIGHT SAILOR, ¼ LEFT SAILOR.

1 2 3 Cross right behind left, step left slight to left side, step right to right Side.
4 5 6 Cross left slight behind right, step right slight to right side, ¼ turn left Step fwd on left.

RIGHT TWINKLE, LEFT TWINKLE.

1 2 3 Cross right over left, step left to left side, recover on right,
4 5 6 Cross left over right, step right to right side, recover on left.

STEP, ½ TURN R, FULL TRIPLE LEFT, (ALT: RUN LRL FWD)

1 2 3 Step forward on right, step fwd on left ½ turn right, (weight on right)
4 5 6 Triple full turn left, (LRL) or run fwd (LRL)

RIGHT TWINKLE, CROSS, SIDE, BEHIND.

1 2 3 Cross right over left, step left to left side, step right to right side,
4 5 6 Cross left over right, step right to right side, step left behind right.

SWAYS RIGHT & LEFT.

1 2 3 Sway right to right side,
4 5 6 Sway left to left side.

R BEHIND, ¼TURN L, STEP R FWD, BASIC FWD LEFT.

1 2 3 Step right behind left, ¼ left step on left, step forward on right,
4 5 6 Step forward on left, step right beside left, step left slightly back.

BASIC BCK R, STEP ¼ LEFT, POINT R SIDE, HOLD.

1 2 3 Step back on right, step left beside right, step forward on right,
4 5 6 ¼ turn left step on left, point right to right side, HOLD.

ROLLING TURN R, SWAY LEFT.

1 2 3 Step on right, ½ turn right, step back on left, ½ turn right step right to right side.
4 5 6 Sway left to left side, HOLD.

CROSS R BEHIND, ¼ TURN LEFT, STEP FWD R, BASIC FWD LEFT.

1 2 3 Cross right behind left, ¼ turn left step on left, step forward on right,
4 5 6 Step forward on left, step right beside left, step slightly back on left.

BEGIN AGAIN.