

Good To Be Back

拍数: 32 墙数: 2 级数: Beginner
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音乐: Good To Be Back - Natalie Cole



Section 1 : ROCK-BEHIND-ROCK-SAILOR TURN

1-2 Step R to R, Recover on L
3&4 Cross R Behind L, Step L to Side, Cross R over L
5-6 Step L to L, Recover on R
7&8 1/4 Turn L Sweep on L Step Back On L, Step R together, Step Forward on L

Section 2 : DOROTHY-ROCK-BACK SHUFFLE

1-2& Step R Forward Diagonally, Lock L behind R, Step R to R Diagonally
3-4& Step L to L Diagonally, Lock R Behind , Step L to L Diagonally
5-6 Step R forward, Recover on L
7&8 Step Back on R, Close L together, Step Back on R

Section 3 : BACK-COASTER-ROLLING VINE

1-2 Step Back L, Step Back R
3&4 Step Back L, Step R Together L, Step Forward on L
5-6 1/4 Turn R Step Forward on R, 1/2 Turn R Step Back on L
7-8 1/4 Turn R Step R to Side, Touch L Beside R

Section 4 : V STEP-JAZZ BOX

1-2 Step L Diagonally to L, Step R Diagonally to R
3-4 Step L Back to Centre, Step R Together L
5-6 Step L Cross Over R, 1/4 Turn L Step Back on R
7-8 Step L to Side, Touch R Beside L

NOTE : TAG : 8 Counts, After Ending Wall 3 (06.00)

DIAGONAL-TOUCH

1-2 Step Forward Diagonally R Slightly to R, Touch L Together R
3-4 Step Forward Diagonally L Slightly to L, Touch R Together L
5-6 Step Back Diagonally R Slightly to R, Touch L Together R
7-8 Step Back Diagonally L Slightly to L, Touch R Beside L

Happy dancing and stay healthy always.

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