

Good To Go

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Scott Blevins (USA) - February 2021
音乐: Good to Go (feat. Daphne Willis) - L'ONIS



#32 count intro

Sequence: 32 - 32 - 32 - 32 - 16 restart - 24 restart - 32 - 15 with ending

[1 - 8] SIDE, POINT, ¼ TURN, ½ TURN, ½ TURN, FORWARD, ROCK, RECOVER, BACK, ¼ TURN, CROSS

- &1-2 (&) Step R to right; 1) Point L to left torquing from waist up to right; 2) Turn ¼ left stepping L forward [9:00]
3&4 3) Turn ½ left stepping R back; &) Turn ½ left stepping L forward; 4) Step R forward
5-6 5) Rock ball of L forward pushing hip forward; 6) Lower L heel as you recover to R pushing hips back
7&8 7) Step L back; &) Turn ¼ right stepping R to right; 8) Step L across R [12:00]

[9 -16] SIDE, TOUCH, ¼ TURN, STEP ½ PIVOT, ¼ TURN w/KNEE LIFT, CROSS ROCK, RECOVER, SIDE, TOGETHER, POINT, TOUCH, POINT

- 1&2 1) Step R to right; &) Touch L beside R; 2) Turn ¼ left stepping L forward [9:00]
3&4 3) Step R forward; &) Turn ½ left taking weight forward on L; 4) Turn ¼ left on ball of L bringing R foot beside L knee [12:00]
5&6 5) Rock R across L; &) Recover to L; 6) Step R to right
&7&8 (&) Step L beside R; 7) Point R to right; &) Touch R beside L; 8) Point R to right

Restart here in rotation 5 facing original 12:00.

[17-24] HITCH, CROSS, ½ UNWIND, BUMP L-R-L, SYNCOPATED JAZZ BOX, BIG STEP, CROSS

- &1-2 (&) Hitch R knee; 1) Step R across L; 2) Unwind ½ left on the spot ending with feet shoulder width apart, weight on R [6:00]
3&4 (3&4) Bump hips L-R-L
5&6& 5) Step R across L; &) Step L back; 6) Step R to right; &) Step L across R
7-8 7) Big step R to right dragging L; 8) Step L across R

Restart here in rotation 6 facing original 6:00.

[25-32] RIGHT TOE HEEL SWIVEL, LEFT TOE HEEL SWIVEL, MAMBO ½ TURN, STEP, ¾ SPIRAL TURN

- 1&2 1) Touch R toe next to L w/R knee turned in; &) Touch R heel slightly right of L w/R toe turned out; 2) Step R across L
3&4 3) Touch L toe next to R w/L knee turned in; &) Touch L heel slightly left of R w/L toe turned out; 4) Step L across R
5&6 5) Rock R forward; &) Recover to L; 6) Turn ½ right stepping R forward [12:00]
7-8 7) Step L forward; 8) Turn ¾ right on the spot, weight remains on L w/R pointed across L [9:00]

Ending: You will be facing the original 3:00 wall on count 14&, on count 15 turn ¼ left pointing R to right to face original 12:00.

Enjoy!!!

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