

Good Mood

拍数: 32 墙数: 4 级数: Improver
编舞者: Charles Alexander (SWE) - October 2021
音乐: Good Mood (Original Song From Paw Patrol: The Movie) - Adam Levine : (CD:
Good Mood - Single)



Intro: 8 counts, approx. 4 sec - 121 bpm

[1 - 8] SIDE, TAP, KICK-SIDE-TAP, RIGHT CHASSÉ, CROSS, POINT

1-2 Step R to right side. Tap L behind R.
3&4 Kick L down and to the left. Step L to left side. Tap R behind L.
Easy option: Step L to left side (3). Tap R behind L (4).
5&6 Step R to right side. Step L beside R. Step R to right side.
7-8 Cross L over R. Point R to right side.

[9 - 16] MASHED POTATOES BACK R-L-R-L, BACK, POINT, CROSS, HITCH RIGHT 1/4 TURN LEFT

&1&2 Twist both heels out (&). Step R back and twist both heels in (1). Twist both heels out (&).
Step L back and twist both heels in (2).
&3&4 Repeat &1&2.
Easy option: Walk back R-L-R-L (1-4).

5-6 Step R back. Point L to left side.
7-8 Cross L over R. Hitch R and make 1/4 turn left. [9:00]

***Restart here during wall 5* Omit the 1/4 turn so you restart the dance towards 12:00.**

[17 - 24] WALK R-L, RIGHT CROSS SAMBA, CROSS, SIDE, BEHIND-SIDE-CROSS

1-2 Walk forward R-L.
3&4 Cross R over L. Rock L to side. Recover onto R.
5-6 Cross L over R. Step R to right side.
7&8 Cross L behind R. Step R to right side. Cross L over R.

[25 - 32] SYNCOPATED ROCK RIGHT, SIDE, TWIST OUT-IN, BEHIND, SIDE, CROSS, HITCH

1-2& Rock R to side. Recover onto L. Step R beside L.
3&4 Place ball of L to left side. Twist L heel out. Twist L heel in.
5-8 Cross L behind R. Step R to right side. Cross L over R. Hitch R.

This dance is dedicated to my dancers who always, no matter how difficult times are, get me in a good mood.
Enjoy the lyrics of the song and feel free to add your own "good mood-moves" as styling ☐