

# The Goodness

拍数: 64      墙数: 4      级数: High Beginner  
编舞者: Regina Hayes (USA) - April 2023  
音乐: The Goodness - TobyMac & Blessing Offor



Add kicks and bounces for a more hip-hop feel.

**[1-8]: Hip bumps w/hitches, K step**

1&2&      Step R diag bump hips r/l/r, hitch L,  
3&4&      Step L diag bump hips l/r/l, hitch R  
5&6&      Step R fwd diag, touch L, Step L back diag, touch R  
7&8&      Step R back diag, touch L, Step L fwd diag, touch R

**[9-16]: Run fwd hitch, run back, hold, rock/rec, ¼ L w/ step-touches**

1&2&3&4      Run fwd r/l/r, hitch L knee (add R arm up for "oh"), Run back l/r/l  
5,6,7&8&      R rock back/rec L, step R ¼ turn L, touch L by R, step L, touch (kick) R  
(Restart here, walls 4 and 7)

**[17-24]: Sambas forward (or cross/point to side)**

1&2      Cross R over L, Rock L ball to side, recover R (+ kick)  
3&4      Cross L over R, Rock R to side, recover L (+ kick)  
5&6      Cross R over L, Rock L ball to side, recover R (+ kick)  
7&8      Cross L over R, Rock R to side, recover L

(Or cross/point r/l/r/l for a straight count)

**[25-32]: Pony steps back, rock (lunge) back, rocking chair**

1-4      Step R back, tap L fwd/snap, step L back, tap R fwd/snap (bouncy)  
5,6,7&8&      Rock (or lunge) R back, rec L, rock R fwd, rec L, rock R back, rec L  
(+ kick up L every time you rock R)

Tag: after Wall 2 add another rocking chair (1&2&)

Restart: Walls 4 and 7, after 16

The more bounce and kicks you put in this dance, the more hip-hop feel it has. Enjoy!