

Good For Me

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Klara Wallman (SWE) - May 2023
音乐: Good For Me. - Paul Rey



#16 counts intro, start on vocal.

Sequence: AA BB AA ABB AB

Part A (32 counts)

Step ¼, Side, Sailor w. heel, Together, Cross, Turn ¼, Turn ¼, Cross.

- 1-2 Turn ¼ R step R forward (1), Step L to L side (2) (3.00).
3&4& Cross R behind L (3), Step L beside R (&), Place R heel forward (4), Step R next to L (&).
5-6 Cross L over R (5), Turn ¼ L step R back (6) (12.00)
7-8 Turn ¼ L step L to L side (7), Cross R over L (8) (9.00)

Side, Hip roll, Behind, Side Cross and Cross, Jazzbox.

- 1-2 Step L to L side (1), Make a Hip roll from L to R (2).
3&4& Step L behind R (3), Step R to R side (&), Cross L over R (4), Make a small step R to R side (&).
5-6-7-8 Cross L over R (5), Step R back (6), Step L to L side (7), Step R forward (8).

Rock, Recover, Shuffle ½, Step Turn ¼, Turn ¼, Cross.

- 1-2 Rock L forward (1), Recover onto R (2)
3&4 Turn ¼ L step L to L side (3), Step R next to L (&), Turn ¼ L step L forward (3.00)
5-6 Step R forward (5), Pivot turn ¼ L (6) (12.00)
7-8 Pivot turn ¼ R (7), Cross L over R (8) (3.00)

Back, Lockstep back, Rock, Recover, Step Turn ¾, Touch.

- 1-2&3 Step R back (1), Step L back (2), Cross R over L (&), Step L back (3).
4-5 Rock R back (4), Recover onto L (5).
6-7-8 Step R forward (6), Pivot turn ¾ L (7), Touch R next to L (8) (6.00)

Part B (Nightclub, 16 counts)

Turn ¼ w. sweep, Step w. sweep, Rock, Recover, Turn ½, Turn ½, Turn ¼ in to Basic Nightclub, Basic Nightclub.

- 1-2 Turn ¼ R step R forward as you sweep L from back to front (1), Step L forward as you sweep R from front to back (2) (3.00)
3& Rock R forward (3), Recover onto L (&).
4& Turn ½ R step R forward (4), Turn ½ R step L back (&) (3.00)
5-6& Turn ¼ R take a big step R to R side (5), Step L next to R (6), Cross R over L (&) (6.00).
7-8& Take a big step L to L side (7), Step R next to L (8), Cross L over R (&)

Full Spiral turn, Forward, Rock Recover, Back, Turn ¼, Sway to R, Rock, Recover ¼, Step turn ½.

- 1-2 Step R forward as you make a full spiral turn over L shoulder (1), Step L forward (2) (6.00).
3&4 Rock R forward (3), Recover onto L (&), Step R back (4)
&5 Turn ¼ L step L to L side (&), Sway to R (5) (3.00)
6&7 Rock L behind R (6), Recover onto R (&), Turn ¼ L step L forward (7) (12.00)
8& Step R forward (8), Pivot ½ L (&) (6.00).

Enjoy!