

Good Time

拍数: 32 墙数: 2 级数: Beginner Contra
编舞者: Elisabeth Elkuch-Heid (CH/LIE) - September 2023
音乐: Good Time - Sheppard



[1-8] Walk Fwd L, R, Shuffle L Fwd, Walk Fwd R, L, Shuffle R Fwd

1,2 Walk Fwd L, R
3&4 Step L Fwd, Step R beside/behind L, Step L Fwd
5,6 Walk Fwd R, L
7&8 Step R Fwd, Step L behind R, Step R Fwd

[9-16] Step Turn 1/4 R, Cross Shuffle, HipSways R-L-R-L (optional Flick L on 8) (3)

1,2 Step L Fwd, 1/4 Turn R (Weight R)
3&4 Step Cross L over R, Step R to R, Step Cross L over R
5,6 Step R to R and move Hips to R, to L
7,8 Hip Sway to R, L (with Flick R optional) (3)

Restart here during Wall 2 & 7: Step Change & 1/4 Turn R: 7,8&

7,8 & Hip Sway R, L - then Change your Weight to R with 1/4 Turn R

[17-24] Side Together, Shuffle 1/4 Turn R, Rocking Chair (6)

1,2 Step R to R, Step L next to R
3&4 1/4 Turn R with Step R Fwd, Step L behind R, Step R Fwd
5-8 Rock L Fwd, Recover R, Rock L Back, Recover R (6)

[25-32] Toe Heel Stomp 2x, Mambo L, Mambo R

1&2 Touch L Toe next to R, Touch L Heel next to R, Stomp L Fwd
3&4 Touch R Toe next to L, Touch R Heel next to L, Stomp R Fwd
5&6 Rock L Fwd, Recover R, Step L Back
7&8 Rock R Back, Recover L, Step R Fwd

Tag: After Wall 3 add: Rocking Chair

1-4 Rock L Fwd, Recover R, Rock L Back, Recover R

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Lizzy's Line Dance