

Good and Gone

拍数: 32 墙数: 4 级数: Improver
编舞者: Julie Heinrichs-Heisner (USA) - October 2023
音乐: Everything I Love - Morgan Wallen
或: Fast Car - Luke Combs



No tags, no restarts

R sway, behind side cross, L sway, behind side cross

1-2 Step out with the R and sway hips out to the right
3 & 4 step R behind the L, then step out with the L, Step R in front of the L
5-6 Step out with the L and sway hips out to the left
7 & 8 step L behind the R, then step out with the R, Step L in front of the R

R shuffle forward, L shuffle forward, Full turn, R mambo, cross

1 & 2 step fwd R, L, R
3 & 4 step fwd L, R, L
5-6 step R making a full turn turning left, step down L
7 & 8 Step right to right, recover weight back to left, cross R over L

L side rock, cross shuffle, R step r, L half turn over, R heel ball change

1-2 Rock L to left side, recover weight onto R
3 & 4 Step L across R, step R to side, step L across R,
5-6 Step R to right, ½ turn back over left, step L down
7 & 8 R heel, R ball of foot replace weight and back onto L

R heel ball change, R samba botafogo, L heel grind, coaster step

1 & 2 R heel, R ball of foot replace weight and back onto L
3 & 4 Cross R over L, step L to left side, replace weight to R
5-6 L heel grind ¼ turn left
7 & 8 L step back R step to L then L forward

Last Update: 7 Nov 2023