

Good & Gone

拍数: 48 墙数: 2 级数: Improver
编舞者: Desiree Tate (USA) & Cathy Snow (USA) - December 2023
音乐: Everything I Love - Morgan Wallen



Intro: 16 counts- 1 restart

[1-8] R VAUDEVILLE, L VAUDEVILLE (STEP BEHIND AND HEEL AND CROSS)

1,2 &3&4. Step R to R side, Step L behind R, Step R to R side and present L heel forward, step on L, cross R over L.
5,6, &7&8 Step L to L side, Step R behind L, Step L to L side and present R heel forward at the same time, step on R, cross L over R

[9-16] ROCKING CHAIR; SHUFFLE FORWARD; STEP R 1/2 TURN

1-2 Rock forward R, recover L
3-4 Rock back R, recover L
5&6 Shuffle forward R, L, R
7-8 Step L ½ turn (over R shoulder)-weight ends on R

[17-24] HEEL SWITCHES L, R, L, HITCH, STEP L, SHUFFLE FWD R, L, R; L, R, L

1&2& L heel forward; return L next to R; R heel forward; return R next to L
3&4 L heel forward, hitch L; Step L
5&6 Shuffle R, L, R
7&8 Shuffle L, R, L

[25-32] R. HEEL GRIND, R COASTER STEP; L HEEL GRIND; L COASTER STEP

1- 2 Put your R heel forward with toe pointed L & twist the heel from L to R
3&4 Step R back, step L together & step R forward
5, 6 Put your L heel forward with toe pointed R & twist the heel from R to L
7&8 Step L back, step R together & step L forward

[33-40] 2X R KICK BALL CHANGE ¼ TURN R JAZZ BOX

1&2 Kick R forward, R step in place, L step in place
3&4 Kick R forward, R step in place, L step in place
5,6,7,8 Take R cross over L while turning a ¼ turn over your R shoulder, step back on L, step out to the R, step L next to R

[41-48] ROCK R; STEP ¼ STEP R, TOUCH L; SHUFFLE L, R, L

1-2 Rock forward R, recover L
3-4 Rock backward R, recover L
5&6 Step ¼ to the L, step R; Touch L next to R
7&8 Side shuffle L, R, L

RESTART: (2nd time 12:00 wall) Dance first 32 counts and restart dance.

Variation Steps [25-32] Heel Grinds w/1/4 turn Coaster step R, L

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Last Update: 25 Mar. 2024 - R2