

Good to Go 2024

拍数: 32 墙数: 4 级数: Improver
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音乐: Good to Go (feat. Daphne Willis) - LÒNIS



Intro 32 count - No Tag No Restart

S1. TOUCH, HEEL, CROSS R-L, SCISSOR R-L

1&2 Touch R to side - Heel R to Side - Cross R Over L
3&4 Touch L To Side - Heel L To Side - Cross L Over R
5&6 Step R To Side - Step L Together - Cross R over L
7&8 Step L To Side - Step R Together - Cross L Over R

S2. MODIFIED BOX STEP, PIVOT TURN 1/2 LEFT, WALK R L

1&2 Step R To Side - Step L Together - Step R Forward
3&4 Step L To Side - Step R Together - Step L Forward
5-6 Step R Forward - Turn 1/2 Left Weight On L
7-8 Step R Forward, Step L Forward

S3. ROCK FORWARD, COASTER STEP, HEEL, TOGETHER, FORWARD, TOGETHER

1&2 Rock R Forward - Recover On L - Step L Back
3&4 Step L Back - Step R Together - Step L Back Forward
5&6&7 Heel R Forward - Step R Together - Heel L Forward, Step L Together
7-8 Step R Forward , Step L Together

S4. PADLLE TURN 1/4 LEFT (3X), ANTI CLOCKWISE HIP ROLL 2X

1-4 Turn 1/4 left touch R to side, Step L in place, Turn 1/4 left touch R to side, Step L in place,
Turn 1/4 left touch R to side, Step L in place, Step R to side
5-8 Roll hip Anti-Clockwise (2x)

REPEAT
