

# My Goodies

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: Goodies - Ciara



## STEP BACK ROCK STEP, ¼ TURN ROCK RECOVER. BACK ROCK SLIDE TOUCH

1-2&      Step right to right on, rock left back of right, recover weight to right on  
3-4-5      Step left foot forward, making a ¼ turn to right, recover weight to left  
6&7      Rock right back of left, recover weight to left, slide right to right  
8      Touch left beside right

## JUMP BACK TOUCH WITH HAND MOVEMENTS, HITCH STEP, SAILOR ¼ TURN STEP

&1      Jump left back to left, step right to right  
2&      Slide right foot towards left, look left with right hands sweeping in a motion to the left around head, bring hand back, look forward touching left foot beside right  
3&      Push out both hands straight with palms open, bring back hands in  
4&5      Cross both hands with fingers pointing down, hitch left leg bring back hands to chest with palms close, step left foot to left and push hands out facing diagonally left  
6&7      Rock left back of right, recover weight onto right, making ¼ turn left step left forward  
8      Step right forward

## TOUCHES, ¼ TURN ROCK, AND CROSS, STEP, SHOULDERS POP

1-2      Touch left toe forward, touch left toe back  
3-4      Making ¼ turn left, recover weight to right, (right hand touch right cheek and push it to left, with hand still touching push cheek to left)  
&5      Step left to left, cross right over left  
6      Step left to left with right hand brushing off left shoulder  
7-8      Pop right shoulders to right, pop left shoulders to left

## BODY ROLL 1/8 (DIAGONALLY), KICK BALL 1/8, STEP TOUCH, TWIST AND STEP

1&2      Do a body roll diagonally right 1/8 (1&), step left foot forward, step right foot diagonally forward 1/8, (flow both hands down from shoulders following body roll motion (1&2))  
3&4      Kick right forward, step left back 1/8 to left, touch right beside left  
5-6      Step right forward, touch left forward diagonally 1/8 to left  
7&8&      Twist left heel out to right, twist left heel back to left, twist left heel out to right, step left foot to left (when doing count (7&8&)) put hands up facing diagonally 1/8 left showing index finger doing a "no no" sign)

## REPEAT

## TAG

On the second wall, restart at the end of the second eight. Everything is the same except of the last three counts. You will restart the dance facing the front wall

## SAILOR STEP TOUCH

6&7      Rock left back of right, recover weight onto right, step down left foot to left side  
8      Touch right beside left