Good Times



编舞者: Johnny Montana (USA)

音乐: Ready for the Good Times - Shakira



This is a longer version of my 32-count dance "Who's Your Daddy".

SHUFFLE SIDE RIGHT, ROCK, STEP

1&2 Shuffle side right (right, left, right)

3-4 Step back onto left foot behind right and rock, replace weight onto right foot

SHUFFLE WITH ¼ TURN, ¼ TURN, SAILOR STEP WITH ¼ TURN

5&6 Shuffle side left (left, right, left) making a ¼ turn to left on count 6

7-8&9 Step forward onto right foot and make a ¼ turn to left, cross left foot behind right and step,

step onto right foot next to left, make a 1/4 turn to left and step forward onto left foot

WALK, SHUFFLE FORWARD

10 Step forward onto right foot 11&12 Shuffle forward left, right, left

BOOGIE WALK, KICK-BALL-CHANGE

13-14 Step forward onto sole of right foot with knee out and then bring knee in to center, step

forward onto sole of left foot with knee out and then bring knee in to center

15&16 Kick right foot forward, step onto sole of right foot next to left, replace weight to left foot

SHUFFLE SIDE RIGHT, ROCK, STEP

17&18 Shuffle side right (right, left, right)

19-20 Step back onto left foot behind right and rock, replace weight onto right foot

SHUFFLE WITH ¼ TURN, ¼ TURN, SAILOR STEP WITH ¼ TURN

21&22 Shuffle side left (left, right, left) making a ¼ turn to left on count 6

23-24&25 Step forward onto right foot and make a ¼ turn to left, cross left foot behind right and step,

step onto right foot next to left, make a 1/4 turn to left and step forward onto left foot

WALK, SHUFFLE FORWARD

26 Step forward onto right foot 27&28 Shuffle forward left, right, left

BOOGIE WALK, KICK-BALL-CHANGE

29-30 Step forward onto sole of right foot with knee out and then bring knee in to center, step

forward onto sole of left foot with knee out and then bring knee in to center

31&32 Kick right foot forward, step onto sole of right foot next to left, replace weight to left foot

STEP TURN, SAILOR STEP

33-34 Step forward onto right foot, pivoting on soles of both feet make a ¼ turn to left and transfer

weight to left foot

35&36 Cross right foot behind left and step, step onto left foot next to right, replace weight onto right

foot

SAILOR STEP. STEP TURN

37&38 Cross left foot behind right and step, step onto right foot next to left, replace weight onto left

foot

39-40 Step forward onto right foot, pivoting on soles of both feet make a ¼ turn to left and transfer

weight to left foot

ROCK, REPLACE, SHUFFLE WITH 1/2 TURN

41-42 Step forward onto right foot and rock, replace weight onto left foot

43&44 Shuffle right, left, right making a ½ turn to right

ROCK, REPLACE, SHUFFLE WITH ½ TURN

45-46 Step forward onto left foot and rock, replace weight onto right foot

47&48 Shuffle left, right, left, making a ½ turn to left

TURN, CROSS, SYNCOPATED WEAVE

49-50 Step forward onto right foot and make a 1 /4 turn to left, cross left behind right and step

&51&52 Step to right side onto right foot, cross left foot over right and step, step to right side onto right

foot, cross left behind right and step

SIDE ROCK, REPLACE, CROSSING SHUFFLE

53-54 Step to right side onto right foot and rock, replace weight onto left foot

55&56 Cross right over left and step, step to left side onto left foot, cross right over left and step

TURN, TURN, STEP, TURN

57-58 Make a ¼ turn to left (to the left) and step forward onto left foot, step forward onto right foot

and make a full turn left

59-60 Step forward onto left foot, step forward onto right foot and make a ¼ turn to left

SAILOR STEP, CROSS ROCK, STEP

61&62 Cross left foot behind right and step, step onto right foot next to left, replace weight onto left

foot

63-64 Cross right over left and step (rock), replace weight onto left foot

REPEAT