

Good-Timin'

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Mike Cook (USA)
音乐: Flat Natural Born Good-Timin' Man - Gary Stewart



BASIC SUGAR PUSH

1-2 Step forward on right, step forward on left
3-4 Touch (tap) right toes behind left, step back on right

COASTER STEP, POINT & HOLD

5& Step back on left, step right beside left
6 Step forward on left
7-8 Point right toes to the right, hold

SLIDE RIGHT, POINT & HOLD, SHUFFLE WITH ¼ TURN

& Slide right beside left
9-10 Point left toes to the left, hold
11& Step left foot back making ¼ turn left, step right beside left
12 Step left beside right

BASIC SUGAR PUSH

13-14 Step forward on right, step forward on left
15-16 Touch (tap) right toes behind left, step back on right

COASTER STEP, POINT & HOLD

17& Step back on left, step right beside left
18 Step forward on left
19-20 Point right toes to the right, hold

SLIDE RIGHT, POINT & HOLD, SAILOR STEP

& Slide right beside left
21-22 Point left toes to the left, hold
23& Step left behind right, step right to the side
24 Left to the side

SAILOR STEP, BACKWARDS MASHED POTATOES

25& Step right behind left, step left to the side
26 Step right to the side
&27 Step ball of left foot behind right while lifting right on to ball of foot, pivot both heels in
&28 Pivot both heels out, pivot both heels in
& Step ball of right foot behind left staying on ball of left foot

BACKWARDS MASHED POTATOES

29& Pivot both heels in, pivot both heels out
30& Pivot both heels in, step ball of left foot behind right while lifting right on to ball of foot
31& Pivot both heels in, pivot both heels out
32 Pivot both heels in

You can substitute small backwards shuffle steps for mashed potatoes

SIDEWAYS SHUFFLE, QUICK ½ PIVOT, SIDEWAYS SHUFFLE

33& Step right to the right, step left next to right
34& Step right to the right, on ball of right foot pivot ½ turn to the right

35& Step left to the left, step right next to left
36 Step left to the left

SIDEWAYS SHUFFLE, QUICK ½ PIVOT, SIDEWAYS SHUFFLE

37& Step right to the right, step left next to right
38& Step right to the right, on ball of right foot pivot ½ turn to the right
39& Step left to the left, step right next to left
40 Step left to the left

KICK, KICK, ½ SWING TURN, STEP DOWN RIGHT

41-42 Kick right foot forward, kick right foot forward
43-44 Swing right foot around pivoting ½ turn right on ball of left foot, step weight to right

STEP, SLIDE, HITCH, TAP HEEL

45-46 Step big step left keeping right toe pointed right and left knee slightly bent, slide right next to left
47-48 Hitch right while raising left heel, tap left heel down

Alternate for 47 step right next to left 48 step left next to right

REPEAT
