

# Be Good At It

拍数: 160      墙数: 4      级数: Advanced  
编舞者: Lauren Turner (UK)  
音乐: If You Can't Be Good, Be Good At It - Neal McCoy



Do counts 1-144 twice before doing counts 145-160. After count 152 on the third wall, repeat counts 113-136 as a bridge to this particular music.

## SIDE TOUCHES, CROSS-UNWIND

1-2            Touch right toe to right side; hold  
&3-4          Jump onto right foot in place; touch left toe to left side; hold  
&5            Jump onto left foot in place; touch right toe to right side  
&6            Jump onto right foot in place; touch left toe to left side  
7-8            Cross-step left over right; unwind ½ turn right shifting weight to left

## SIDE TOUCHES, CROSS-UNWIND

9-10          Touch right toe to right side; hold  
&11-12        Jump onto right foot in place; touch left toe to left side; hold  
&13          Jump onto left foot in place; touch right toe to right side  
&14          Jump onto right foot in place; touch left toe to left side  
15-16         Cross-step left over right; unwind ½ turn right shifting weight to left

## GRAPEVINE RIGHT, LEFT TOE FANS

17-18         Step right foot to right side; cross-step left behind right  
19-20         Step right foot to right side; step left beside right  
21-22         Fan left toe to left side; fan left toe to right side  
23-24         Fan left toe to left side; return left toe to front

## GRAPEVINE LEFT, RIGHT TOE FANS

25-26         Step left foot to left side; cross-step right behind left  
27-28         Step left foot to left side; step right beside left  
29-30         Fan right toe to right side; fan right toe to left side  
31-32         Fan right toe to right side; return right toe to front

## DIAGONAL STEPS

33            Step right foot diagonally forward right, turning body slightly left  
34-36         Tap right heel 3 times (right arm is forward; left arm is back)  
37            Step left foot diagonally forward left, turning body slightly right  
38-40         Tap left heel 3 times (left arm is forward; right arm is back)  
  
41-80         Repeat counts 1-40

## MEXICAN HAT DANCE, SHIMMY LEFT

81            Tap right heel forward across left foot  
&82          Step right in place; tap left heel forward across right  
&83-84        Step left in place; step right foot forward in front of left; clap hands  
85-87        Step left foot long step to left shaking shoulders  
88            Step right beside left

## MEXICAN HAT DANCE, SHIMMY RIGHT

89            Tap left heel forward across right foot  
&90          Step left in place; tap right heel forward across left

- &91-92 Step on right in place; step left foot forward in front of right, clap hands
- 93-95 Step right foot long step to right shaking shoulders
- 96 Step left beside right

**WALKS WITH HITCH & ½ TURN, WALKS WITH HITCH & ½ TURN**

- 97-99 Walk forward right, left, right
- 100 Hitch left knee and turn ½ right
- 101-103 Walk forward left, right, left
- 104 Hitch right knee and turn ½ left

**RIGHT AND LEFT SIDE SHUFFLES WITH ROCK STEPS**

- 105&106 Step right to right side; step left together; step right to right side
- 107-108 Rock-step left foot behind right; rock forward onto right
- 109&110 Step left to left side; step right together; sep left to left side
- 111-112 Rock-step right behind left; rock forward onto left

**TOE STRUTS FORWARD**

- 113-114 Step right toe forward; lower right heel to floor
- 115-116 Step left toe forward; lower left heel to floor
- 117-118 Step right toe forward; lower right heel to floor
- 119-120 Step left toe forward; lower left heel to floor

**TOE STRUTS BACK**

- 121-122 Step right toe back; lower right heel to floor
- 123-124 Step left toe back; lower left heel to floor
- 125-126 Step right toe back; lower right heel to floor
- 127-128 Step left toe back; lower left heel to floor

**MEXICAN HAT DANCE**

- 129-130& Tap right heel forward; hold; step right in place
- 131-132& Tap left heel forward; hold; step left in place
- 133&134 Tap right heel forward; step right in place; tap left heel forward
- 135-136 Tap right heel forward; hold & clap hands

**HIP BUMPS**

- 137-138 Push hips forward twice (right foot is still forward)
- 139-140 Push hips back twice
- 141-142 Push hips forward and back
- 143-144 Push hips forward and back

**4 PADDLE STEPS MAKING ½ TURN LEFT**

- 145-146 Step ball of right foot to right side (heel raised); pivot 1/8 turn left keeping left foot in place
- 147-148 Step ball of right foot to right side (heel raised); pivot 1/8 turn left keeping left foot in place
- 149-150 Step ball of right foot to right side (heel raised); pivot 1/8 turn left keeping left foot in place
- 151-152 Step ball of right foot to right side (heel raised); pivot 1/8 turn left keeping left foot in place

**DIAGONAL STEPS**

- 153 Step right foot diagonally forward right, turning body slightly left
- 154-156 Tap right heel 3 times (right arm is forward; left arm is back)
- 157 Step left foot diagonally forward left, turning body slightly right
- 158-160 Tap left heel 3 times (left arm is forward; right arm is back)

**REPEAT**

