

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

