

Being Good

拍数: 60 墙数: 0 级数:
编舞者: Ian St. Leon (AUS)
音乐: If You Can't Be Good, Be Good At It - Neal McCoy



- 1-2 Step forward on right at 45 degrees right, lock left behind right,
&3-4 Step back on right at 45 degrees right, step forward on left at left 45 degrees, lock right behind left
&5-6 Step back on left at 45 degrees left, step forward on right at 45 degrees right, lock left behind right
&7-8 Step back on right at 45 degrees right, step forward on left at left 45 degrees, lock right behind left
- &1-2 Step forward on left, turn $\frac{1}{4}$ left while stepping back on right, turn $\frac{1}{2}$ left while step forward on left
3&4 Shuffle forward right (right-left-right)
5-6 Rock forward on left, rock/step back on right
7&8 Cha-cha (left-right-left) as you turn $\frac{1}{2}$ left
- 1-2 Rock forward on right, rock/step back on left
3&4 Cha-cha (right-left-right) as you turn $\frac{3}{8}$ right (facing 45 degrees right as if facing the front)
5-6 Rock forward on left, rock/step back on right
7&8 Cha-cha (left-right-left) as you turn $\frac{1}{2}$ left (facing 45 degrees right as if facing the back)
- 1-2 Rock forward on right, rock/step back on left
3&4 Coaster step-step back on right, step back on left, step forward on right
5-6 Step left to left side, step right to right side turn 45 degrees right
7&8 Left sailor shuffle-step left behind right, step right to right side, step left to left side
- 1&2 Right sailor shuffle-step right behind left, step left to left side, step right to right side
3-4 Step left behind right, unwind $\frac{3}{4}$ (facing front)-weight on left
5&6 Side shuffle right (right-left-right)
7-8 Step forward on left, step right together-weight on right
- &1&2 Step back on left, touch right heel forward, step back on right, step forward on left
3&4 Step right to right side, step left in place, step right across left
&5&6 Step back on left, touch right heel forward, step back on right, step forward on left
7&8 Step right to right side, step left in place, step right across left
- 1-2 Turn $\frac{1}{4}$ turn left-step forward on left, step right together-weight on right
3&4 Coaster step-step back on left, step back on right, step forward on left
5&6-7-8 Side shuffle right (right-left-right), rock back on left, step forward on right
- 1&2-3-4 Side shuffle left (left-right-left), rock back on right, step forward on left

REPEAT