

Good to be us

拍数: 32 墙数: 2 级数: Improver
编舞者: Darren Bailey (UK) & Lana Williams (UK) - March 2008
音乐: It's Good To Be Us - Bucky Covington : (Start on Lyrics)



Shuffle R, Rock, Recover, 1/4 turn R shuffle L, 1/4 turn R shuffle R

1&2 Step Rf to R side, close Lf next to Rf, step Rf to R side
3-4 Rock back onto Lf, recover onto Rf
5&6 Make a 1/4 turn R stepping Lf to L side, close Rf next to Lf, step Lf to L side
7&8 Make a 1/4 turn R Stepping Rf to R side, close Lf next to Rf, step Rf to R side

Touch L, Replace, Touch R, Replace, Kick L, Kick R, Rock forward, recover

1-2 Touch L toe forward and slightly across Rf, place Lf next to Rf
3-4 Touch R toe forward and slightly across Lf, place Rf next to Lf
5&6& Kick Lf across Rf, place Lf next to Rf, Kick Rf across Lf, place Rf next to Lf
7-8 Rock forward onto Lf, recover onto Rf

Shuffle back L, Rock, Recover, Shuffle forward R, 1/4 turn R, 1/2 turn R

1&2 Step back on Lf, close Rf next to Lf, step back on Lf
3-4 Rock back onto Rf, recover onto Lf
5&6 Step forward on Rf, close Lf next to Rf, step forward on Rf
7-8 Make a 1/4 turn R stepping Lf to L side, make a 1/2 turn R stepping Rf to R side

Cross rock , Recover, 1/4 turn Shuffle L, Step forward, 1/2 turn L, R kick ball change

1-2 Cross rock Lf over Rf, recover onto Rf
3&4 Step Lf to L side, close Rf next to Lf, make a 1/4 turn L stepping forward on Lf
5-6 Step forward on Rf, make a 1/2 turn L (weight ends on Lf)
7&8 Kick Rf forward, place Rf next to Lf, place Lf next to Rf

Restart is on the 4th wall facing front, Half way through the dance. Replace counts (7-8 Rock forward onto Lf, recover onto Rf) with (7-8 Step forward on Lf, touch R toe next to Lf.)

Enjoy and dance and enjoy the song!!!!