

Good Good

拍数: 64 墙数: 2 级数: High Beginner / Easy Intermediate
编舞者: Amy Christian (USA) - September 2008
音乐: Good Good - Ashanti : (Album: The Declaration)



Intro: 16 Count.(On lyrics)

Out, Out, In, In, Rock, Recover, ¼ Turn, Hold

1-4 Step R foot out to right side, Step L out to L side, Step R foot in, Step L foot in,
5-8 Rock fwd on R, Recover on L, ¼ turn right, stepping R foot to R side, Hold,

Hip Rolls

1-8 CCW Hip rolls, (Feel the music & add your own flavor ?)

Cross, Recover, Side, Recover, Together, Side, Together, Hitch,

1-4 Step R foot across L foot, Recover on L, Rock R foot to right side, Recover on L foot,
5-8 Step R foot next to L, Step L foot to L side, Step R foot next to L, Hitch L foot,

L Coaster, Hitch, R Coaster, Hitch

1-4 L Coaster Step, Hitch R,
5-8 R Coaster Step, Hitch L,

¼ Turn Step Fwd, Touch, Step Side, Touch, L Coaster Step, Hold

1-4 ¼ Turn L, stepping L fwd, Touch R next to L, Step R to R side, Touch L next to R,
5-8 L Coaster Step, Hold,

Run, Run, Rock Recover, Big Step Back, Drag Heel & Touch, Hold

1-4 Fwd on R, Fwd on L, Rock fwd on R, Recover on L,
5-8 Big step back on R foot, Drag L heel next to R and touch next to R foot(6-7), Hold(8),

Touch Out, In, Out, Hold, Bump, Bump, Bump, Hold,

1-4 Touch L foot out to L side, Touch L next to R, Touch L out to L side, Hold,
5-8 Look left as you Bump hips. L,R,L, transferring weight to L foot, Hold,

Weave, Step Fwd, Pivot

1-4 (Weave) Step R Behind, Side, Cross in front, Side,
5-6 (Weave) Step R behind, Side,
7-8 Step fwd on R, pivot ½ turn left on L.

+++++Enjoy+++++

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