

Be Good

拍数: 32 墙数: 2 级数: Easy Intermediate
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音乐: You Get What's Coming To You - McAlister Kemp



16 count intro

FORWARD, FORWARD, FORWARD MAMBO; BACK ROCK, ½ SHUFFLE

1,2 Step forward R, step forward L
3&4 Step forward R, replace weight onto L, step back R
5,6 Step back L, rock forward onto R
7&8 Turning ¼ right step L to the side, step R beside L, turning ¼ right step L back (6.00)

BACK ROCK, FORWARD, HOLD; & FORWARD, HOLD & SHUFFLE FORWARD

1,2 Step back R, rock forward onto L
3,4 Step forward R, hold
&5,6 Step L beside R, step forward R, hold
&7&8 Step L beside R, step forward R, step L beside R, step R forward

FORWARD, FORWARD, KICK-BALL-TOUCH; RIGHT SAILOR, LEFT SAILOR

1,2 Step forward L, step forward R
3&4 Kick L forward, step ball of L beside R, touch R to right side
5&6 Step R behind L, step L to the side, step R to the side
7&8 Step L behind R, step R to the side, step L to the side*

SIDE STOMP, HOLD, BEHIND-SIDE-HEEL; & HEEL & HEEL & BACK ROCK

1,2 Stomp R to the side, hold
3&4 Step L behind R, step R to the side, touch L heel forward
&5&6 Step L beside R, touch R heel forward, step R beside L, touch L heel forward
&7,8 Step L beside R, step back R, replace weight onto L

TAG: At the end of walls 2 and 4, facing the front:

TWO ½ PIVOTS

1,2 Step forward R, turning ½ left take weight onto L
3,4 Step forward R, turning ½ left take weight onto L

RESTART: On wall 6 dance to count 24* and restart facing the front

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