

# Good Advice

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Anne Herd (AUS) - January 2015  
音樂: The Nights - Avicii : (iTunes - 2:56)



**Intro: Very quick start only 2 beats weight on left – Turning CW (No Tags/Restarts)**

**S1: WALK WALK, SHUFFLE, ROCK RECOVER, COASTER**

1-2-3&4      Walk forward R L, Shuffle forward stepping R L R  
5-6-7&8      Rock forward on L, recover to R, Step back on L, Step R beside L, Step L forward

**S2: 2 X ¼ PIVOTS, HEEL & HEEL, DOUBLE HEEL**

1-2-3-4      Step L forward on R, Take weight to L, Pivot ¼ L, Step forward on R, Take weight  
5&6&7-8      Touch R heel forward Step R beside L, Touch L heel forward, Step L beside R, Touch R heel forward twice

**S3: SIDE ROCK CROSS SHUFFLE, SIDE ROCK CROSS SHUFFLE**

1-2-3&4      Rock R to side, Recover to L, Cross shuffle R over L stepping RLR  
5-6-7&8      Rock L to side, Recover to R, Cross shuffle L over R stepping LRL

**S4: SIDE TOGETHER, SIDE SHUFFLE, CROSS ROCK, ¼ TURN, SHUFFLE FORWARD**

1-2-3&4      Step R to side, Step L beside R, Shuffle R stepping RLR  
5-6-7&8      Cross rock L over R, Recover to R, Turn ¼ L, Shuffle forward stepping LRL

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Begin dance again

**Ending: Dance to count 30 (you will be facing 12:00) replace the ¼ turn with a side shuffle left then step out, out stepping R to side and L to the side.**

Contact: [anneherd@bigpond.com](mailto:anneherd@bigpond.com)

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