

So Good

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Ria Vos (NL) & Shelly Guichard (UK) - November 2016
音樂: Good - Dave Barnes : (Album: Golden Days)



Intro: 32 Counts

Side, Sailor ¼ Turn L, ½ Turn R, Step Fwd, Full Turn L, ¼ L Basic R, Side L

1 Step R to R Side
2&3 Step L Behind R Turning ¼ L, Step R Next to L, Step Fwd on L
4-5 Pivot ½ Turn R (weight on R), Step Fwd on L
6&7 ½ Turn L Step Back on R, ½ Turn L Step Fwd on L, ¼ Turn L Step R to R Side
8&1 Step L Behind R, Cross R Over L, Step L to L Side

Behind, Side, Cross Rock, & Cross with Hitch ¼ Turn L, Prissy Walks R-L, Mambo Step

2& Step R Behind L, Step L to L Side
3-4& Cross Rock R Over L, Recover on R, Step R to R Side
5 Cross L Over R Turning ¼ Turn L with R Hitch
6-7 Step Fwd and Slightly Crossed on R, Step Fwd and Slightly Crossed on L
8& Rock Fwd on R, Recover on L ***Restart Point
1 Big Step Back on R Sweeping L from Front to Back

Sailor Step, Sway R-L, Side, Sweep Sailor Cross ½ Turn L, Weave R

2&3 Step L Behind R, Step R to R Side, Step L to L Side
4&5 Sway R, Sway L, Step R Big Step to R Side
6&7 Sweep L Behind R Turning ½ Turn L, Step R to R Side, Cross L Over R
&8& Step R to R Side, Step L Behind R, Step R to R Side

Cross Rock, Ball Back with Sweep, Rock Back, ½ Turn R, Sweep Step Back R-L, Rock Back

1-2 Cross Rock L Over R, Recover on R
&3 Step on Ball of L Next to R, Step Back on R slightly to L Diagonal Sweeping L from Front to Back
4&5 Rock Back on L (3:00), Recover on R, ½ Turn R Step Back on L Sweeping R from Front to Back

***Ending Point

6-7 Step Back on R Sweeping L from Front to Back, Step Back on L Sweeping R from Front to Back
8& Rock Back on R, Recover on L

Restart: On wall 4 after 16& (R Rock Fwd & Recover) facing 12:00

Ending: You will end with count 28&29 (L Rock Back & ½ Turn R with L Sweep) ...continue L Sweep with another ¼ Turn R to end facing front