

Good Ole Boy!!

拍數: 64 牆數: 4 級數: Improver
編舞者: Alexis Strong (UK) - February 2017
音樂: He's a Good Ole Boy - Lisa McHugh : (iTunes)



Start On Vocals

[1-8] FORWARD RIGHT LOCK STEP, SCUFF, FORWARD LEFT LOCK STEP, SCUFF

1-2 Step R Diagonal Fwd (1) Lock L Behind R (2)
3-4 Step R Diagonal Fwd (3) Scuff L Fwd (4)
5-6 Step L Diagonal Fwd (5) Lock R Behind L (6)
7-8 Step L Diagonal Fwd (7) Scuff R Fwd (8)

[9-16] FORWARD RIGHT MAMBO, TOE STRUTS BACK, RIGHT LEFT RIGHT.

1-2 Mambo R Fwd (1) Recover On L (2)
3-4 R Toe Strut Back (3) Step On R (4)
5-6 L Toe Strut Back (5) Step On L (6)
7-8 R Toe Strut Back (7) Step On R (8)

[17-24] SLOW COASTER STEP BACK, HOLD, STEP, PIVOT ½, LEFT, HOLD

1-2 Step Back On L. (1) Close R Next To L (2)
3-4 Step Fwd On L, (3) Hold (4)
5-6 Step Fwd On R, (5) Make ½ Turn L (Weight On L) (6) facing 6.00
7-8 Step Fwd On R, (7) Hold (8)

[25-32] 1/4 SIDE ROCK CROSS SIDE, CROSS SHUFFLE, HOLD.

1-2 Making 1/4 Turn R, Rock On L (1) Recover On R (2) facing 9.00
3-4 Cross L Over R (3) Step R To R (4)
5-6 Cross L Over R (5) Step R To R (6)
7-8 Cross L Over R (7) Hold (8)

[33-40] MONTEREY 1/4 TURN RIGHT, MONTEREY 1/4 TURN RIGHT,

1-2 Point R To R (1) Make 1/4 Turn R, Step On R (2) facing 12.00
3-4 Point L To L (3) Step L Together (4) (Weight On L)
5-6 Point R To R (5) Make 1/4 Turn R Step On R (6) facing 3.00
7-8 Point L To L (7) Step L Together (8) (Weight On L)

[41-48] RIGHT HEEL TOGETHER, LEFT HEEL TOGETHER, RIGHT HEEL HOOK, RIGHT HEEL FLICK.

1-2 R Heel Dig Fwd (1) Step On R (2)
3-4 L Heel Dig Fwd (3) Step On L (4)
5-6 R Heel Dig Fwd (5) Hook R Over L (6)
7-8 R Heel Dig Fwd (7) Flick R Back (8)

[49-56] RIGHT CROSS ROCK STEP, HOLD, LEFT CROSS ROCK STEP, HOLD.

1-2 Cross R Over L (1) Recover On L (2)
3-4 Step R To R (3) Hold (4)
5-6 Cross L Over R (5) Recover On R (6)
7-8 Step L To L (7) Hold (8)

[57-64] FORWARD RIGHT ROCK, 1/2 TURN, HOLD, 1/2 STEP PIVOT, STEP FORWARD, HOLD.

1-2 Rock R Fwd (1) Recover On L (2)
3-4 Making 1/2 Turn R, Step On R (3) Hold (4) facing 9.00

5-6 Step L Fwd (5) Making 1/2 Turn R, Step On R (6)
7-8 Step L Fwd (7) Hold (8) facing 3.00

Tag - End Wall 2.

[1-8] RIGHT MAMBO, STEP BACK, HOLD, LEFT SLOW COASTER STEP. HOLD

1-2 Rock Fwd On R (1) Recover On L (2)
3-4 Step Back On R (3) Hold (4)
5-6 Step Back On L (5) Step Back On R (6)
7-8 Step Fwd On L (7) Hold (8)

[9-16] FORWARD RIGHT TOE STRUT, LEFT TOE STRUT, RIGHT TOE STRUT, LEFT TOE STRUT.

1-2 R Toe Fwd (1) Step R Down (2)
3-4 L Toe Fwd (3) Step L Down (4)
5-6 R Toe Fwd (5) Step R Down (6)
7-8 L Toe Fwd (7) Step L Down (8)

Enjoy!!
