Goody Goody

拍數: 32

級數: Beginner

編舞者: Mary Phillips (USA) - April 2017

音樂: Goody Two Shoes - Adam Ant

No Tags or Restarts. Start on vocals.

STEP TOGETHER, HEEL ROCKS W/ HANDS

- Step Right to the right side, step left together, (weight mainly on right) Rock back onto heels 1-4 and push hands out forward.
- 5-8 repeat above steps to the left. Weight ending on left.

(Alternative for rocks is toes splits).

TOE HEEL STRUTS FORWARD, SKATES FORWARD

- 1-4 Touch right toe forward, step down on right, touch left toe forward, step down on left.
- 5-8 (In a skating motion), Step right at a right angle, step left at a left angle. step right at a angle, step left at a angle.

1/4 TURN STEP PIVOT X 2 WITH HOLDS

- Step forward on right and hold, pivot 1/4 counter clockwise and hold. 1-4
- 5-8 Repeat above steps.

JAZZ BOX, OUT OUT, SLAP, FLICK AND SNAP

- 1-4 Cross right over left, step left back, step right to right, step left together.
- Step forward and out right and left, slap hands on your thighs, flick rightfoot behind and snap 5-8 fingers.

Repeat

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牆數:2