

Get Good

拍數: 24 牆數: 4 級數: Beginner +
編舞者: David LECAILLON (FR) - July 2017
音樂: Life's About To Get Good - Shania Twain



Beginning of dance on the lyrics

Section 1: cross, side, behind side cross, rock side, cross shuffle

1-2 Lf cross over right, Rf step to right side
3&4 Lf cross behind Rf, Rf step to right side, Lf Cross over Rf
5-6 Rf rock to right side, recover onto Lf
7&8 Rf cross over Lf, Lf step to left side, Rf cross over Lf 12:00

Section 2: step ¼turn R, step ½turn R, shuffle foward, step pivot ¼turn, shuffle foward

1-2 ¼ turn right, Lf step back, ½ turn right, Rf step forward 9:00
3&4 shuffle forward (L,R,L)
5-6 Rf step forward, pivot ¼ turn to left on Rf 6:00
7&8 shuffle forward (R,L,R)

Section 3: rock L foward, sailor ¼ turn L, rock R foward, coaster step

1-2 Lf Rock forward, recover onto Rf
3&4 Lf Cross over Rf, turn ¼ left to left side Rf step together, Lf step foward

Restart here wall 11 (facing 9:00)

5-6 Rf rock forward, recover onto Lf
7&8 Rf step back, Lf step together, Rf step forward

Tag: end wall 2 and end wall 6 (facing 6:00)

1-2-3-4 sways swing hips (R, L, R, L)

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