

Goody Goody

拍數: 64 牆數: 4 級數: High Beginner
編舞者: Laura Sway (UK) - February 2018
音樂: Goody Goody - The Koi Boys



Count in: 32

[1-8] Step side touch, step side touch, rock right, recover, cross, hold.

1234 step right to right side, touch left beside right, step left to left side, touch right beside left.
5678 Rock right to right side, recover onto left, cross right over left, hold.

[9-16] Repeat section one starting on the left.

1234 step left to left side, touch right beside left, step right to right side, touch left beside right.
5678 Rock left to left side, recover onto right, cross left across right, hold.

[17-24] Side toe Strut, cross toe strut, side rock, recover ¼ left, step forward right, hold.

1234 touch right toes to right side, push right heel down, touch left toes across right, push left heel down.
5678 Rock right to right side, recover weight into left making 1/4 turn left, step slightly forward in the right, hold.

[25-32] x2 toe struts forward, left rocking chair.

1234 touch left toes forward, push left heel down, touch right toes forward, push right heels down.
5678 Rock forward on the left, recover weight onto right, Rock back on the left, recover weight onto right.

[33-40] step left hold(clap), pivot 1/4 right, hold(clap) quick jazz box left, touch right.

1234 step forward on the left, hold and clap, pivot ¼ turn to the right, hold and clap.
5678 step left across right, step back onto right, step left to left side, touch right beside left.

[41-48] rumba box

1234 step right to right side, step left beside right, step forward on the right, touch left beside right.
5678 step left to left side, step right beside left, step back on the left, touch right beside left.

(Restart here on wall 3)

[49-56] chasse Right, rock recover ¼ Left, step left.

1234 step right to right side, step left beside right, step right to right side, hold.
5678 Rock left over right, recover weight back onto right, step on left ¼ turn left, hold.

[57-64] right lock step forward, scuff left, run half turn stepping left, right, left.

1234 step forward in the left, lock left behind right, step forward on the right, scuff left.
5674 making half turn over left shoulder, run left right left.

There is one Restart on wall 3 after the first 48 counts

The lyrics say " take it up, now drop it low "