

Good News!

拍數: 32 牆數: 4 級數: Beginner
編舞者: Regina Hayes (USA) - May 2020
音樂: Good News - Mandisa



Begin after 8 beats, with vocals.

[1-8] Side rock, triple step R&L

1, 2, 3&4 Rock R, recover L, step R, L, R in place
5, 6, 7&8 Rock L, recover R, step L, R, L in place

[9-16] Pivot 1/4 L, x4

1-2 Step R, turn 1/4 L, weight L (9:00)
3-4 Step R, turn 1/4 L, weight L (6:00)
5-6 Step R, turn 1/4 L, weight L (3:00)
7-8 Step R, turn 1/4 L, weight L (12:00)

[17-24] Step, behind, triple 1/4 R, Step, behind, triple

1, 2 Step R to R, step L behind R
3&4 Step R to R, step L beside R, and R beside L while turning 1/4 R (3:00)
5, 6 Step L to L, step R behind L
7&8. Step L to L, step R beside L, and L beside R in place

[25-32] Heel step R&L, V-step

1-4 Touch R heel, step R beside L, touch L heel, step L beside R
5-8 Step R out, step L out, step R center, step L beside R