

So, So Good

拍數: 32 牆數: 4 級數: Improver
編舞者: Regina Hayes (USA) - May 2020
音樂: So Good to Me - Cory Asbury



Good slow song to learn syncopation.

Can begin after 32 beats, or wait 64 beats to come in with vocals. It's long- I cut the song at 4:04 for my use.

Section 1: Side step, vaudeville, R & L (12:00)

1, 2 R to side, cross L over R
&3&4 R to side as L heel touches at diagonal, L step beside R, cross R over L
5, 6 L step to L side, R step over L
&7&8 L to L side as R heel touches at diagonal, R step beside L, cross L over R

Section 2: Syncopated V-step forward, hop together w/clap, kick ball step x2 turning 1/4 L (9:00)

1-2 R forward diagonal, L forward diagonal
&3-4 R back, L back beside R, clap (or V-step with clap on last step) (12:00)
5&6, 7&8 R kick, R step, L step by R 1/8 turn to L - R kick, R step, L step by R 1/8 turn to L (9:00)

Section 3: Pivot 1/2, Pivot 1/2, shuffle, step together, swivel (9:00)

1-4 R step forward, pivot half, weight on L. R step forward, pivot 1/2, weight on L (9:00)
5&6 Step R, step L beside R, step R
7&8 Step L toe by R, R toe & L heel swivel out simultaneously, then back together (9:00)

Section 4: 4 steps to turn 1/2, press R, step back L, drag R heel, step cross (3:00)

1-4 Walk R,L,R,L in half circle clockwise to opposite wall (3:00)
5,6,7 R press forward, step back L, drag R back
&8 R step slightly back, L cross over R (3:00)

Last Update: 16 Jan 2023
