

Look For The Good

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Pat Stott (UK), Rob Fowler (ES) & I.C.E. (ES) - June 2020
音樂: Look For The Good - Jason Mraz : (Album Version)



Intro: 64 counts (approx. 44 secs)

If using the single version (3:59) commence immediately on "look" so that the restarts are in the same place as the album track.

S1: Mambo Forward, Mambo Back, Volta $\frac{3}{4}$ Turn Right

1&2 Rock forward on right, recover on left, small step back on right

3&4 Rock back on left, recover on right, small step forward on left

(RESTART 3 here during Wall 6)

5&6& Turn $\frac{1}{4}$ right stepping forward on right, step on ball of left next to right, turn $\frac{1}{8}$ right stepping forward on right, step on ball of left next to right

7&8 Turn $\frac{1}{8}$ right stepping forward on right, step on ball of left next to right, turn $\frac{1}{4}$ right stepping forward on right

(9:00)

S2: Twinkle, Twinkle, Hitch Turn, Sway Left, Right, Left with Drag, Big Step

1&2 Cross left over right, step right to right side, replace weight on left turning body slightly left

3&4 Cross right over left, step left to left side, replace weight on right turning body slightly right

& Turn $\frac{1}{4}$ right hitching left foot just off the floor

5-6 Step left to left side twisting shoulders to left, transfer weight to right twisting shoulders to right

7 Transfer weight to left twisting shoulders to left and drag right foot towards left

8 Push off left foot and take a big step to right (RESTART 1 here during Wall 2) (12:00)

S3: Rock, Recover, Side, Rock, Recover, $\frac{1}{4}$ Right, Step, $\frac{1}{4}$ Pivot Right, Cross Shuffle

1&2 Cross left over right, recover on right, left to left

3&4 Cross right over left, recover on left, turn $\frac{1}{4}$ right stepping forward on right

5-6 Step forward on left, turn $\frac{1}{4}$ right transferring weight to right

7&8 Cross left over right, right to right, cross left over right (6:00)

S4: Reverse Rumba, Step $\frac{1}{2}$ Pivot, Turn $\frac{1}{2}$ Stepping Back, Sailor $\frac{1}{8}$ Left

1&2 Right to right, close left to right, back on right

3&4 Left to left, close right to left, forward on left

5&6 Step forward on right, $\frac{1}{2}$ pivot left transferring weight to left, make another $\frac{1}{2}$ turn left stepping back on right sweeping left round

7&8 Step left behind right as you turn $\frac{1}{8}$ left, step right to right side, step forward on left (4.30) (RESTART 2 here during Wall 4) (4:30)

S5: Forward, Recover, $\frac{1}{8}$ Right Side, Recover, Back, Recover, Side, Cross, Recover, Chasse to Left

1& Rock forward on right to 4.30, recover on left (4:30)

2& Turn $\frac{1}{8}$ right and rock right to right side, recover on left (6:00)

3&4 Rock back on right, recover on left, step right to right side

5-6 Cross rock left over right, recover on right

7&8 Step left to left side, close right to left, step left to left side (6:00)

S6: Vaudeville Steps, Behind, Side, Cross Shuffle, Stomp to Right

1&2& Cross right over left, left to left, extend right heel diagonally forward right, close right to left

3&4 Cross left over right, right to right, extend left heel diagonally forward left

5&6 Left behind right, right to right, cross left over right

&7-8 Step right to right on ball of right, cross left over right, stomp right to right (6:00)

S7: Left Sailor, Weave Behind, Side, Cross, Side Rock, Recover, Kick, Cross, Side Rock, Recover, Forward

1&2 Cross left behind right, right to right, step in place of left

3&4 Right behind right, left to left, cross right over left

5&6& Rock left to left, recover on right, kick left forward, cross left over right

7&8 Rock right to right, recover on left, forward on right (6:00)

S8: Step Left, ½ Pivot Right, Full Triple Turn Forward, Step Right, ½ Pivot Left, Walk, Clap, Walk, Clap

1-2 Step forward on left, ½ pivot right transferring weight to right

3&4 Make ½ turn right stepping back left, ½ turn right stepping forward on right, step forward on left

(or replace the full triple turn with a shuffle forward – left, right, left)

5-6 Step forward on right, ½ pivot left transferring weight to left

7&8& Walk forward on right, clap, walk forward on left, clap (6:00)

Start Over

RESTARTS: There are 3 restarts which occur during Walls 2, 4 and 6 as follows:

RESTART 1: During Wall 2, after 16 counts close left to right (&) restart facing 6 o'clock.

RESTART 2: During Wall 4, dance 32 counts but don't turn the sailor step ¼ at counts 7&8, keep facing 6 o'clock then Restart.

RESTART 3: During Wall 6, after 4 counts dance the mambo forward (1&2), mambo back (3&4) then Restart facing 12 o'clock.

ENDING: Turn the voltas full turn to finish at 12 o'clock.

(If using the single version dance up to count 38 and then slow down the chasse to finish (12 o'clock).
