

Good Things

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Bruno Penet (FR) - January 2020
音樂: Good Things - Christiane : (CD: Waiting The Lights On)



SECT 1 : STEP LOCK STEP DIAGONAL RIGHT & LEFT With SCUFF, ROCK, ¼ TURN STOMP UP, SCISSOR STEP

- 1&2& (diagonal Right) Step Right Forward, Step Left behind Right, Step Right Forward, Scuff Left beside Right
3&4& (diagonal Right) Step Left Forward, Step Right behind Left, Step Left Forward, Scuff Right beside Left
5&6& Rock Forward on Right, Recover on Left, ¼ Turn Right & Step Right to Right Side, Stomp Up Left beside Right (3 :00)
7&8 Step Left to Left Side, Step Right beside Left, Cross Left over Right

SECT 2 : [SIDE-TOGETHER-FORWARD] RIGHT & LEFT, ROCKING CHAIR, STEP FORWARD, FLICK & STOMP

- 1&2 Step Right to Right Side, Step Left beside Left, Step Right Forward
3&4 Step Left to Left Side, Step Right beside Left, Step Left Forward

Tag 1 & Restart : Wall 2

Final : Wall 6

- 5&6& Rock Forward on Right, Recover on Left, Rock Back on Right, Recover on Left
7&8 Large Step Right Forward, Flick Left Back, Stomp Left beside Right

SECT 3 : STEP LOCK STEP DIAGONAL RIGHT & LEFT With SCUFF, ROCK, ¼ TURN STOMP UP, SCISSOR STEP

- 1&2& (diagonal Right) Step Right Forward, Step Left behind Right, Step Right Forward, Scuff Left beside Right
3&4& (diagonal Right) Step Left Forward, Step Right behind Left, Step Left Forward, Scuff Right beside Left
5&6& Rock Forward on Right, Recover on Left, ¼ Turn Right & Step Right to Right Side, Stomp Up Left beside Right (3 :00)
7&8 Step Left to Left Side, Step Right beside Left, Cross Left over Right

SECT 4 : [SIDE-TOGETHER-FORWARD] RIGHT & LEFT, ROCKING CHAIR, STEP FORWARD, FLICK & STOMP

- 1&2 Step Right to Right Side, Step Left beside Left, Step Right Forward
3&4 Step Left to Left Side, Step Right beside Left, Step Left Forward
5&6& Rock Forward on Right, Recover on Left, Rock Back on Right, Recover on Left
7&8 Large Step Right Forward, Flick Left Back, Stomp Left beside Right

SECT 5 : TOE STRUT RIGHT & LEFT, JAZZ BOX CROSS, [SIDE-POINT] RIGHT & LEFT, SHUFFLE FORWARD

- 1&2& Step Forward on Right Toe, Drop Heel, Step Forward on Left Toe, Drop Heel
3&4& Cross Right over Left, Step Back on Left, Step Right to Right Side, Step Left over Right
5&6& Step Right to Right Side, Touch Left beside Right, Step Left to Left Side, Touch Right beside Left

Restart : Wall 4

- 7&8 Step Right Forward, Step Left beside Right, Step Right Forward

Tag3 & Restart : Wall 5

SECT 6 : ½ TURN SLOW JAZZBOX With STOMP, SWIVEL HEELS & HOOK, SHUFFLE FORWARD

- 1-2 Cross Left over Right, ¼ Turn Left & Step Back on Right (3 :00)
3-4 ¼ Turn Left & Step Left Forward, Stomp Right Forward (12 :00)

- 5&6& Swivel Heels to Right Side, Return Heels Center, Swivel Right Heel to Right Side, Hook Right over Left
7&8 Step Right Forward, Step Left beside Right, Step Right Forward

SECT 7 : ROCK ½ TURN STEP, SCISSOR STEP RIGHT & LEFT, MAMBO FORWARD With POINT

- 1&2 Rock Forward on Left, Recover on Right, ½ Turn Left & Step Left Forward (6 :00)
3&4 Step Right to Right Side, Step Left beside Right, Cross Right over Left
5&6 Step Left to Left Side, Step Right beside Left, Cross Left over Right
7&8 Rock Forward on Right, Recover on Left, Touch Right Toe beside Left

SECT 8 : WEAWE RIGHT, LARGE STEP SIDE, POINT, WEAWE LEFT, LARGE STEP SIDE, POINT

- 1&2& Step Right to Right Side, Cross Left behind Right, Step Right to Right Side, Cross Left over Right
3-4 Large Step Right to Right Side, Touch Left Toe beside Right
5&6& Step Left to Left Side, Cross Right behind Left, Step Left to Left Side, Cross Right over Left
7-8 Large Step Left to Left Side, Touch Right Toe beside Left

REPEAT

TAG 1 & RESTART

On Wall 2, after the Count 4 of the Section 2, Add the Footsteps and Restart the Dance from the Beginning :

ROCK STEP, ¼ TURN STEP SIDE, STOMP, HOLD

- 1&2 Rock Forward on Right, Recover on Left, ¼ Turn Right & Large Step Right to Right Side
3-4 Stomp Left beside Right, Hold

TAG 2 : After Wall 3, Add the Footsteps :

TOE STRUT RIGHT & LEFT

- 1&2& Step Forward on Right Toe, Drop Heel, Step Forward on Left Toe, Drop Heel

RESTART: Wall 4, after the Count 6 of the Section 5, Restart the Dance from the Beginning

TAG 3 & RESTART

Wall 5, after the Section 5, Add the Footsteps and Restart the Dance from the Beginning :

ROCK STEP, STEP RIGHT BACK, ½ TURN LEFT

- 1&2 Rock Forward on Left, Recover on Right, ½ Turn Left & Step Left Forward

FINAL : Wall 6 , after the Count 4 of the Section 2, Add the Footsteps :

ROCK STEP, STEP RIGHT BACK, ¼ TURN LEFT STEP SIDE

- 1&2 Rock Forward on Right, Recover on Left, Step Right Back
3 ¼ Turn Left & Step Left to Left Side

WORKSHOP – Varennes-Changy (45290) – THE HAPPY HEELS – 11 January 2020

Challenge Boy – CRAZY DANCERS OF COUNTRY MUSIC

Site : challengeboy@free.fr
