

Getting Good

拍數: 32 牆數: 4 級數: Improver
編舞者: Amy Willingham (USA) - October 2020
音樂: Getting Good - Lauren Alaina



#4 Count Intro

(1-8) Back, Back, Mambo back, Walk, Walk, Mambo Half

1-2 Step back R, Step back L
3&4 Rock back R, Recover L, Step R forward
5-6 Walk forward L, Walk forward R
7&8 Rock L forward, Recover on R making a ½ turn and step on L (6 o'clock)

(9-16) ½ Turn, ½ Turn*, Rock & Cross, Rock, Recover, Behind Side Cross

1-2 Turn left making a ½ turn stepping back on R, Turn left making a ½ turn stepping forward on L (*)
3&4 Rock on R, recover on L, cross R over L
5-6 Rock L to left side, Recover weight on R
7&8 Step L behind R, Step R to right side, Cross L over R

(17-24) Rock (Prep), ¼ Recover, ½ Turn, ½ Turn, Shuffle, Cha-Cha-Cha

1-2 Rock R prepping body to the right for a turn, Recover on L making a ¼ turn to left (3 o'clock)
3-4 Turn left making a ½ turn stepping back on R, Turn left making a ½ turn stepping forward on L
5&6 Shuffle forward R,L,R
7&8 Cha-Cha-Cha in place trading weight L,R,L

(25-32) Rock, Recover, Cross & Cross, Rock, Recover, Back Full Turn Triple Step**

1-2 Rock R to right side, Recover weight on L
3&4 Cross R over L, Recover weight onto ball of L, Cross R over L
5-6 Rock L to left side, Recover weight on R prepping for a turn
7&8 Make a 3 step right full turn L, R, L coming back to same wall (**)

Ending: The dance ends after the first 8 counts on the 3 o'clock wall so instead of making a mambo half, mambo ¼ left to face the front wall

*Option: for 2nd set of 8 counts 1-2, you can walk R, walk L

**Option: for last 2 counts of dance, you can cross & cross - L over R, recover on ball of R, cross L over R