

Good Intentions

拍數: 32 牆數: 4 級數: Improver
編舞者: Sherry Kemp (USA) - February 2021
音樂: She - Selena Gomez



Dance starts on 5th heavy beat after Da, da's and just before lyric "She".

Styling: Rock shoulders alternating one side up with the other down, L,R,L,R with opposite Cha-Cha hip movement on the first four heavy beats before start of dance.

S1: continue L,R,-L,R,L for 1- 4 counts on right and R,L, -R,L,R on 5-8 count on the left.

This dance was designed to have alternating wall step arrangements for counts 13-16

S1: (1-8) R step forward, L back, R coaster back. Repeat on left

1, 2, 3&4 Step R forward, step L back, R back, L together, R forward (rocking shoulders up and down alternating left and right with opposite hip movement)
5, 6, 7&8 Step L forward, R back, L back, R together, L forward (rocking shoulders alternating right and left with opposite hip movement)

**S2 (9-16) R step forward, pivot 1/2 left, R Lock step,
*(walls 1&3) L Lock step, R touch forward, pivot 1/4 left,
(walls 2&4) L step forward, pivot 1/2 right, L lock step

1, 2, 3&4 R Step forward, pivot 1/2 left, step R forward, L step behind, R step forward

***(Walls 1&3- 12 & 6 o'clock)**

5&6, 7,8 step L forward, R step behind, L forward, touch R forward, pivot 1/4 left (Proceed to S3 steps 17-24)

**** (Walls 2&4- 3 & 9 o'clock)**

5, 6, 7&8 Step L, 1/2 pivot right, L forward, R behind, L forward,

(#17-20) R point 1/4 right forward, 1/4 left point turn (turning forward point to side point), R behind, L side, R cross L, (Proceed to steps S3 21-24)

S3: (17-24) R point right forward, turn 1/4 left pointing to side, R behind, L side, R cross, L point 1/4 left forward, turn 1/4 right L pointing to side, L behind, R side, L cross

1, 2, 3&4 R point forward, turning 1/4 turn left (turning forward point to side point), R behind L, L to left side, R cross L

5, 6, 7&8 L point 1/4 left forward, L point turning 1/4 right (turning forward point to side point), L behind R, R to right side, L cross R

S4: (25-32) Forward Mambo, L to side, R step, L cross, R to side, L step, R cross, L to side, 1/4 pivot right, L step forward

1&2, 3&4, R forward, L step back, R together, L (ball) step out to left, R step in place, L cross R

5&6, 7&8 R (ball) step out to right, L step in place, R cross L, L (ball) step, left, 1/4 pivot right, L forward

Tag on 2 consecutive walls. On the 7th & 8th wall (6 & 9 o'clock) of the second rotation, repeat S4 25-32 and start the dance again on wall 1 at 12 o'clock for the last two walls.

Finish: On the 10th wall (3 o'clock) S4 steps 30-32, R cross over L, (keeping feet crossed) unwind 1/2 turn left (to face 9 o'clock wall) for count 7, 8. On last two beats of track, on count 1, point R forward, crossing hands with palms inward and right over left at hip height, on count 2 with palms down, extend arms simultaneously L arm forward, R arm back with fingers apart from thumb!

Keep on Dancing

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