

I'm Good

拍數: 32 牆數: 4 級數: Improver
編舞者: Debbie Mabbs (UK), Nina Skyrud (NOR) & I.C.E. (ES) - July 2021
音樂: I'm Good - The Mowgli's



*1 Restart: In wall 6 after 20 counts

Intro: 32 counts (approx. 20 secs) - Start on the last "I'm good" of the lyric before the verse.

S1 [1-8] Side w/drag-Touch, Hold, Diag Forward-Touch, Diag Forward-Touch, Diag Back w/drag-Touch, Hold, Out-Out, In-Cross

&1-2 Step Right a long step to right side dragging Left (&), Touch Left next to Right (1), Hold (2).

(Option: hip bump on the hold)

&3 Step/jump Left slightly diagonally forward left (&), Touch Right next to Left (3)

&4 Step/jump Right slightly diagonally forward right (&), Touch Left next to Right (4)

&5-6 Step Left a long step slightly diagonally back left dragging Right (&), Touch Right next to Left (5), Hold (6)

(Option: hip bump on the hold)

&7&8 Step Right slightly diagonally forward right (&), Step Left to left side (7), Step Right back to centre (&), Cross Left over Right (8) [12:00]

S2 [9-16] Side Rock-Recover, Back Coaster, Mambo x2

1,2 Rock Right to right side (1), Recover onto Left (2)

3&4 Step Right back (3), Step Left next to Right (&), Step Right forward (4)

5&6 Step Left forward (5), Recover onto Right (&), Step Left back (6)

7&8 Step Right back (7), Recover onto Left (&), Step Right forward (8)

S3 [17-24] ¼ Turn Side Rock-Recover, Weave, Cross Rock-Recover, Chasse ¼ Turn

1,2 Turn ¼ turn right rocking Left to left side (1), Recover onto Right (2) [3:00]

3&4 Cross Left over Right (3), Step Right to right side (&), Cross Left behind Right (4)

(Note: Restart here in wall 6, you will be facing 6:00)

& Step Right to right side (&)

5,6 Cross Left over right (5), Recover onto Right (6)

7&8 Step Left to left side (7), Step Right next to Left (&), Turn ¼ turn left stepping Left forward (8) [12:00]

S4 [25-32] ½ Turn, Run-Run-Run, ½ Turn, ¼ Turn Mambo Cross

1,2 Step Right forward (1), Pivot ½ turn left stepping Left forward (2) [6:00]

3&4 Run forward: Right (3), Left (&), Right (4)

(Option: Bend your knees and do small Shorty George steps on the runs)

5,6 Step Left forward (5), Pivot ½ turn right stepping Right forward (6) [12:00]

7&8 Turn ¼ turn right stepping Left to left side (7), Recover onto right (&), Cross Left over Right (8) [3:00]

Start again!

Thank you to Lorraine Monahan for suggesting this happy track!

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