Good Mood

拍數: 32	牆數: 4	級數: Improver

編舞者: Charles Alexander (SWE) - October 2021

音樂: Good Mood (Original Song From Paw Patrol: The Movie) - Adam Levine : (CD: Good Mood - Single)

Intro: 8 counts, approx. 4 sec - 121 bpm

[1 - 8] SIDE, TAP, KICK-SIDE-TAP, RIGHT CHASSÉ, CROSS, POINT

1-2   Step R to right side. Tap L behind R.

3&4   Kick L down and to the left. Step L to left side. Tap R behind L.

Easy option: Step L to left side (3). Tap R behind L (4).

5&6   Step R to right side. Step L beside R. Step R to right side.

7-8   Cross L over R. Point R to right side.

[9 - 16] MASHED POTATOES BACK R-L-R-L, BACK, POINT, CROSS, HITCH RIGHT 1/4 TURN LEFT

&1&2   Twist both heels out (&). Step R back and twist both heels in (1).Twist both heels out (&). Step L back and twist both heels in (2).

&3&4   Repeat &1&2.

Easy option: Walk back R-L-R-L (1-4).

5-6   Step R back. Point L to left side.

7-8   Cross L over R. Hitch R and make 1/4 turn left. [9:00]

Restart here during wall 5 Omit the 1/4 turn so you restart the dance towards 12:00.

[17 - 24] WALK R-L, RIGHT CROSS SAMBA, CROSS, SIDE, BEHIND-SIDE-CROSS

1-2   Walk forward R-L.

3&4   Cross R over L. Rock L to side. Recover onto R.

5-6   Cross L over R. Step R to right side.

7&8   Cross L behind R. Step R to right side. Cross L over R.

[25 - 32] SYNCOPATED ROCK RIGHT, SIDE, TWIST OUT-IN, BEHIND, SIDE, CROSS, HITCH

1-2&   Rock R to side. Recover onto L. Step R beside L.

3&4   Place ball of L to left side. Twist L heel out. Twist L heel in.

5-8   Cross L behind R. Step R to right side. Cross L over R. Hitch R.

This dance is dedicated to my dancers who always, no matter how difficult times are, get me in a good mood. Enjoy the lyrics of the song and feel free to add your own "good mood-moves" as styling □