

# 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 ☐