

Good 4 U

拍數: 96 牆數: 2 級數: Phrased Intermediate +
編舞者: Ilenia Cracco (IT) & Sara (IT) - November 2021
音樂: good 4 u - Olivia Rodrigo



Sequence: A-A-B-Tag-A-A-B-Tag-B32-A-A-B-Tag-A8-Finale

Intro : 08 Counts

Part A: 32 Counts

[01-08] Rumba box, Hold, Rumba box, Hold

1-2-3 RF step side, LF step near RF, RF step fwd
4 Hold
5-6-7 LF step side, RF step near LF, LF step fwd
8 Hold

[09-16] Mambo fwd, Hold, Shuffle turn ½ L, Hold

1-2-3 RF step fwd, LF recover weight, RF step back
4 Hold
5-6-7 LF ¼ turn L step side, RF step near LF, LF ¼ turn L step fwd-----6:00
8 Hold

[17-24] Skate x2, Turning Jazz box ⅙ R,

1-2-3-4 RF skate in 2 counts, LF skate in 2 counts
5-6-7 RF cross over LF, LF step back, RF ⅙ turn R step side-----7:30
8 Hold

[25-32] ⅙ R Stomp x2, Jazz box

1-2-3-4 LF ⅙ L stomp side in 2 counts, RF stomp side in 2 counts-----6:00
5-6-7-8 LF cross over RF, RF step back, LF step side, RF touch near LF

Tag 16 Counts

[01-08] Grapevine R, Scuff, Turning grapevine ½ L, Scuff

1-2-3 RF step side, LF cross behind RF, RF step side
4 LF scuff
5-6-7 LF step side, RF cross behind LF, LF ½ turn L step down
8 RF scuff

[09-16] Grapevine R, Scuff, Turning grapevine ½ L, Scuff

1-2-3 RF step side, LF cross behind RF, RF step side
4 LF scuff
5-6-7 LF step side, RF cross behind LF, LF ½ turn L step down
8 RF scuff

Part B: 64 Counts

[01-08] Kick x2, Sailor R, Kick x2, Sailor L

1-2 RF kick fwd, RF kick diag fwd
3&4 RF cross behind LF, LF step side, RF step side
5-6 LF kick fwd, LF kick diag fwd
7&8 LF cross behind RF, RF step side, LF step side

[09-16] Point side & together x2, Heel switches, Turning toe strut ½ L

1-2 RF point side using 2 counts

& RF step near LF
 3-4 LF point side using 2 counts
 & LF step near RF
 5&6 RF heel touch fwd, RF step near LF, LF heel touch fwd
 7-8 LF point back, LF ½ turn L step down-----6:00

[17-24] Kick ball step, Step turn turn, Big step back & drag

1&2 RF kick fwd, RF step near LF, LF step fwd
 3-4-5 RF step fwd, LF ½ turn L step fwd, RF ½ turn L step back-----6:00
 6-7-8 LF big step back, RF drag near LF in 2 counts

[25-32] Stomp, ½ L Stomp, Jazz box

1-2 RF stomp fwd using 2 counts
 3-4 LF ½ turn L stomp fwd using 2 counts
 5-6-7-8 RF cross over LF, LF step back, RF step side, LF cross over RF-----12:00

[33-40] Wave R, Rock side, Stomp-up x2

1-2-3-4 RF step side, LF cross behind RF, RF step side, LF cross over RF
 5-6 RF step side, LF recover weight
 7-8 RF stomp-up, RF stomp-up

[41-48] Kick & turn & point, Hold, Kick ball step, Kick

1-2&3 RF kick fwd, RF cross over LF, RF ½ turn L step down, LF point side-----6:00
 4 Hold
 5&6 LF kick fwd, LF step near RF, RF step fwd
 7-8 LF kick fwd, LF hook in front of RF

[49-56] Heel strut x2, Mambo fwd, Hold

1-2-3-4 LF heel touch fwd, LF step down, RF heel touch fwd, RF step down
 5-6-7 LF step fwd, RF recover weight, LF step back
 8 Hold

[57-64] Toe strut ½ R, ½ R Toe strut, Step hook, Step scuff

1-2 RF point back, RF ½ turn R step down-----12:00
 3-4 LF ½ turn R point back, LF step down-----6:00
 5-6 RF step back, LF hook in front of RF
 7-8 LF step fwd, RF scuff

Finale RF stomp-up near LF, RF stomp fwd
