

# The Good Stuff

拍數: 48      牆數: 2  
編舞者: John Dembiec (USA) - June 2022  
音樂: 5 Foot 9 - Tyler Hubbard

級數: Easy Intermediate Polka Rhythm



## #16 count intro

### [1-8] CROSSING TRIPLE, ¼ TURN CHASSE (X2), CROSSING HEEL JACK

1&2      Cross R over L, Step L to L, Cross R over L  
3&4      Step L to L, Step R next to L, Make ¼ turn R stepping L back (3:00)  
5&6      Make ¼ R stepping R to R, Step L next to R, Step R to R (6:00)  
7&8&      Cross L over R, Step R slightly back, Touch L heel to L diagonal, Step L next to R

### [9-16] CROSSING HEELS JACK (X2), ¼ TURN, ¼ CHASSE

1&2&      Cross R over L, Step L slightly back, Touch R heel to R diagonal, Step R next to L  
3&4&      Cross L over R, Step R slightly back, Touch L heel to L diagonal, Step L next to R  
5-6      Cross R over L, Make ¼ R stepping L back (9:00)  
7&8      Make ¼ turn R stepping R to R, Step L next to R, Step R to R (12:00)

### [17-24] DIAGONAL TRIPLE (X2), WEAVE, STEP, HEEL SWIVEL

1&2      Stepping to the R diagonal (1:30) Step L forward, Step R next to L, Step L forward  
3&4      Make ¼ turn R Stepping R back (4:30), Step L next to R, Step R back  
(\*Styling note: When doing the triples, think of a galloping motion)  
5&6      Make 1/8 turn R stepping L behind R (6:00), Step R to R, Step L over R  
7&8      Step R to R diagonal, Swivel both heels forward and back (weight to L)

### [25-32] SAILOR, ¼ SAILOR, ½ PIVOT, TRIPLE

1&2      Step R behind L, Step L slightly to L, Step R next to L  
3&4      Step L behind R, make ¼ turn L stepping R slightly to R (3:00), Step L next to R  
5-6      Step R forward, Pivot ½ turn L stepping forward onto L (9:00)  
7&8      Step R forward, Step L next to R, Step R forward

### [33-40] HEEL GRIND (X2), ROCK, ¼ CHASSE

1-2&      Step L slightly forward, Grind heel R to L, Step L next to R  
3-4&      Step R slightly forward, Grind heel L to R. Step R next to L  
5-6      Rock L forward, Replace to R  
7&8      Make ¼ turn L stepping L to L, Step R next to L, Step L to L (6:00)

\*\*Restart here on wall 3\*\*

### [41-48] JAZZ CROSS, FULL TURN

1-2      Cross R over L, Step L slightly back  
3-4      Step R slightly to R, Cross L over R  
5-6      Make ¼ turn L stepping R back (3:00), Pivot ½ turn L stepping onto, L (9:00)  
7-8      Step R forward, Pivot ¼ turn L stepping onto L

REPEAT AND HAVE FUN !!!!!