

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 !!!!!