

Good News

拍數: 48 牆數: 2 級數: Easy Intermediate
編舞者: Hiroko Carlsson (AUS) - July 2022
音樂: Good News - Mandisa : (Spotify / Apple Music)



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(Dance starts on lyrics "quiet", right after lyrics "I've been")

[S1] Side, Sailor Step, Heel-Toe Swivel In, Side Rock, Turning Coaster Step

1 Step R to the side
2&3 Step L beside R, Step R to the side, Step L to the side
&4 Swivel R heel in, Swivel R toes in (Easy option: Tap R toes twice next to L)
5 6 Rock R to the side, Replace weight on L
7&8 Make a 1/4 turn right stepping back on R, Step L next to R, Step forward on R (3:00)

[S2] Fwd Rock-1/2L Shuffle Fwd, Fwd Rock, Back Shuffle

1 2 Rock forward on L, Replace weight on R
3&4 Make a 1/2 turn left shuffle forward on L-R-L (9:00)
5 6 Rock forward on R, Replace weight on L
7&8 Shuffle back on R-L-R

[S3] 1/4L Side Rock, Cross Toe-Heel Drop-&Behind Toe-Heel Drop-&Cross Rock

1 2 Make a 1/4 turn left stepping (rock) L to the side, Replace weight on R (6:00)
3 4& Touch L toes over R, Drop L heel, Step R to the side
5 6& Touch L toes behind R, Drop L heel, Step R to the side
7 8 Rock/across L over R, Replace weight on R

[S4] 1/4L-1/2L-Coaster Step, Rocking Chair

1 2 Make a 1/4 turn left stepping forward on L, Make a 1/2 turn left stepping back on R (9:00)
3&4 Step back on L, Step R next to L, Step forward on L
5 6 Rock forward on R, Replace weight on L
7 8 Rock back on R, Replace weight on L

[S5] 1/4L Lindy R, Lindy L

1&2 Make a 1/4 turn left shuffle to the right side on R-L-R (6:00)
3 4 Rock L behind R, Replace weight on R
5&6 Shuffle to the left side on L-R-L
7 8 Rock R behind L, Replace weight on L**

[S6] Figure 8 into Back Rock

1 2 Step R to the side, Cross L behind R
3 4 Make a 1/4 turn right stepping forward on R, Step forward on L (9:00)
5 6 Make a 1/2 turn right transferring weight to R, Make a 1/4 turn pivot right stepping L to the side
(6:00)
7 8 Rock back on R, Replace weight on L

Restart on Wall 3 count 40** (6:00) and Wall 5 count 40** (6:00)

Ending suggestion: The last wall starts facing 12:00 o'clock.

Dance up to Section 3 count 6& (6:00), then

Step-Pivot 1/2R turn to the front wall.

(updated: 4/Jul/22)
