

# 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)



Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))

(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)

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