

We're Good (P)

拍數: 32 牆數: 0 級數: Improver Pattern Partner
編舞者: Paula Frohn (USA) - December 2022
音樂: I'm Good (Blue) - David Guetta & Bebe Rexha
或: Shivers - Ed Sheeran
或: Sideways - Dierks Bentley



Other music:-

Shivers- Ed Sheeran (BPM 141)

Teach: Sideways- Dierk Bentley (BPM 108)

Start in Side-by-Side position, Man & Lady's footwork is the same except where noted.

Stroll Forward Right, Brush, Stroll Forward Left, Brush

1-4 Step R diagonally forward, step L behind R, step R diagonally forward, brush L
5-8 Step L diagonally forward, step R behind L, step L diagonally forward, brush R

Rocking Chair Right, Rock Forward, Replace, Pivot ¼ R, Step Side, Cross Front

9-10 Rock R forward, replace weight onto L
11-12 Rock R back, replace weight onto L
13-14 Rock R forward, replace weight onto L
15-16 Turn ¼ R, step R to side, cross L in front of R

Step R to Side, Touch, Step L to Side, Touch, Man: 4 Steps in Place

Lady: Walk ½ Turn R in 3 Steps, Touch

17-18 Step R to side, touch L toe next to R
19-20 Step L to side, touch R toe next to R
21-24 M: Raise L arms over her head, stepping R-L-R, touch L next to R
21-24 L: Turn ½ right, stepping R-L-R, touch L next to R

Step L To Side, Touch, R Side Triple, Turn to LOD, Shuffle, Man Walk's, Lady Turns

25-26 M: Step L in place, step R in place
27&28 M: Step L to side, step R next to L, step L to side
28&30 Turn ¼ left, dropping left hands, step R forward, step L next to R, step R forward
31&32 Raise R arms, step L forward, step R next to L, step L forward

Rejoin L hands

LADY: 25-26 Step L in place, touch R toe next to L

27&28 Step R to side, step L next to R, step R to side
29&28 Turn ¼ R, step L forward, step R next to L, step L forward
31-32 Turn ½ left, step R back, turn ½ left, step L forward

Start over! Enjoy!

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