

Good Stuff

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Scott Blevins (USA) - April 2023
音樂: Good Stuff - Andrew Kingslow, henry parsley, Laura Dowling & Louis Edwards :
(Album: Detroit Soul)



#32 count intro

[1-8] POINT, ¼ FWD, ¼ TOE STRUT, CROSS, BACK, SIDE, DIAGONAL FWD, KNEE

- 1-2 1) Point R to right; 2) Turn ¼ right stepping R forward [3:00]
3-4 3) Turn ¼ right stepping L toe to left; 4) Drop L heel [6:00]
5&6 5) Step R across L; &) Step L back; 6) Step R to right
7-8 7) Step L on a diagonal forward toward 7:00; 8) Lift R knee up

[9-16] BACK w/DRAG, COASTER STEP, STEP, ½ PIVOT, STEP, ½ PIVOT

- 1-2 1- 2) Step R back on a diagonal toward 1:00 dragging L [7:00]
3&4 3) Step L back; &) Step R beside L; 4) Step L forward
5-6 5) Step R forward; 6) Turn ½ left taking weight forward on L
7-8 7) Step R forward; 8) Turn ½ left taking weight forward on L [7:00]

[17-24] SQUARE UP, TOUCH BEHIND, ¼ FWD, ¼ SIDE, BEHIND, ¼ FWD, FWD, STEP, ½ PIVOT

- 1-2 1) Squaring up to 6:00 step R to right; 2) Touch L behind R torquing body right [6:00]
3-4 3) Turn ¼ left stepping L forward; 4) Turn ¼ left stepping R to right [12:00]
5&6 5) Step L behind R; &) Turn ¼ right stepping R forward; 6) Step L forward [3:00]
7-8 7) Step R forward; 8) Turn ½ left taking weight forward on L [9:00]

[25-32] CROSS, BACK, SIDE, FWD, ½ TURNING C BUMPS

- 1,2,3,4 1) Step R across L; 2) Step L back; 3) Step R to right; 4) Step L forward
5&6& 5) Turn ¼ left stepping R to right bumping hips right; &) Bump hips left; 6) Bump hips down to right; &) Bump hips center to left
7&8& 7) Turn ¼ left bumping hips back; &) Bump hips forward; 8) Bump hips down and back; &) Step L beside R [3:00]

Note: Weight remains on R throughout counts 5&6&7&8 during the turning bumps.

Tag: After completing rotation 3, you will be facing the original 9:00 wall. Do the steps below then begin from the top of the dance.

Note: All clock references below are based on original starting wall clock.

[1-8] ANGLE BUMP RIGHT 4X, ANGLE BUMP LEFT 4X

- 1-4 (1-4) Turn slightly left to face original 8:00 stepping R to right and bumping hips to right 4 times [8:00]
& (&) Bringing L foot to R calf rotate right on R to face original 10:00
5-8 (5-8) Step L to left bumping hips left 4 times [10:00]

[9-16] STEP, ½ PIVOT, STEP, ½ BACK, BACK, BACK, FWD, FWD

- 1-2 1) Squaring up to 9:00 step R forward; 2) Turn ½ left taking weight forward on L [3:00]
3-4 3) Step R forward; 4) Turn ½ right stepping L back [9:00]
5-6 5) Step R back and slightly out to right pushing hips right; 6) Step L back and slightly out to left pushing hips left
7-8 7) Step R forward and slightly out to right pushing hips right; 8) Step L forward and slightly out to left pushing hips left [9:00]

