

G-O-O-D

拍數: 32 牆數: 4 級數: Improver
編舞者: John Robinson (USA) - 22 March 2022
音樂: Gonna Be a Good Day - Rayelle



Intro: 32 counts (about 16 seconds).

Sequence: No tags, no restarts.

SECTION 1. HEEL GRIND, BEHIND-SIDE-CROSS, SWAYS w/SINGLE CLAPS, CHASSE LEFT w/DOUBLE CLAP

1,2 Dig R forward and slightly out to right side (1); Fan R toe out digging R heel into floor (2)
3&4 Step R behind L (3); Step L side left (&); Step R across L (4)
5&6& Step L side left swaying left (5); Clap (&); Sway right (6); Clap (&)
7&8 Step L side left (7); Step R beside L/clap (&); Step L side left/clap (8) (angle left on 8 for smooth transition into next section)

SECTION 2. CROSS, SIDE ROCK & CROSS, SIDE, BEHIND-SIDE-CROSS, HITCH-SLIDE, CLOSE

1,2& Step R across L (1); Rock L side left (2); Recover R (&)
3,4 Step L across R (3); Step R side right (4)
5&6 Step L behind R (5); Step R side right (&); Step L across R (6)
&7,8 Hitch R pushing off L (leap) (&); Big step R side right (7); Slide L beside R taking weight L (you can gently pop R knee forward) (8)

(If you prefer not to leap, simply ignore the & count. Just take that big step on 7 and slide beside on 8.)

SECTION 3. PADDLE x2 TURNING 1/4 LEFT, CROSS BALL-CHANGES ("CROSS SAMBAS") x3

1&2& Push R ball of foot slightly out to right side (1); Turn 1/8 left (10:30) (&); Push R ball of foot side slightly out to right side (2); Turn 1/8 left (9:00) (2)
3&4 Step R forward across L (3); Rock L side left (&); Recover R stepping slightly forward (4)
5&6 Step L forward across R (5); Rock R side right (&); Recover L stepping slightly forward (6)
7&8 Step R forward across L (7); Rock L side left (&); Recover R stepping slightly forward (8)

SECTION 4. PIVOT 1/2 RIGHT, TRIPLE FORWARD, BALL-STEP, HOLD, BODY ROLL FORWARD

1,2 Step L forward (1); Pivot 1/2 right (3:00) taking weight R (2)
3&4 Step L forward (3); Step R beside L (&); Step L forward (4)
&5,6 Step ball of R beside L (&); Step L forward keeping weight evenly split (5); Hold (6)
7,8 Start body roll forward onto L (7); Finish body roll forward onto L (8)

Begin again and enjoy!

FINALE: After the 11th repetition, you'll be facing 9:00. Sit back on R, turn your head only to face 12:00, smile as BIG as you can and give a "thumbs up" sign with your right hand. □