A Goodbye's Beginner

拍數: 32

級數: Beginner

編舞者: Becky Hawthorne (USA) - March 2024

音樂: Goodbye's Been Good to You - Teddy Swims

Intro: Approx 15 counts vocals & hand claps + 16 counts starting on strong downbeat No tags, no restarts

Section 1: FORWARD ROCK, BACK MAMBO, FORWARD ROCK, BACK MAMBO

- 1, 2 Rock forward on RF, Recover weight back on LF
- 3 & 4 Rock RF back, Recover weight forward onto LF, Step RF next to LF
- 5, 6 Rock forward on LF, Recover weight back on RF
- 7 & 8 Rock LF back, Recover weight forward onto RF, Step LF next to RF

Section 2: SIDE ROCK, BEHIND, SIDE, CROSS, SIDE ROCK, BEHIND, SIDE, CROSS

- 1, 2 Rock RF to R side, Recover weight to LF
- 3 & 4 Step RF behind L, Step LF to L side, Cross RF over L
- 5, 6 Rock LF to L side, Recover weight to RF
- 7 & 8 Step LF behind R, Step RF to R side, Cross LF over R

Section 3: 1/4 MONTEREY, CROSS SAMBA X 2

- 1, 2 Point RF to R side, 1/4 turn Step RF next to LF (3:00)
- 3, 4 Point LF to L side, Step LF next to RF
- 5 & 6 Cross RF over L, Rock LF out to L side, Recover weight on RF
- 7 & 8 Cross LF over R, Rock RF out to R side, Recover weight on LF

Section 4: 1/2 PIVOT, FWD SHUFFLE, 1/2 PIVOT, FWD SHUFFLE

- 1, 2 Step RF forward, 1/2 Pivot to L transferring weight forward to LF (9:00)
- 3 & 4 Forward shuffle RF, LF, RF
- 5, 6 Step LF forward, 1/2 Pivot to R transferring weight forward to RF (3:00)
- 7 & 8 Forward shuffle LF, RF, LF

Suggested ending: After wall 7, facing 9:00, rock RF forward, recover back on LF, 1/4 step RF to face 12:00, point LF to side and hold.

Becky Hawthorne: beckyhawthornetx@gmail.com





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