

Good Foot

拍數: 64 牆數: 0 級數: Intermediate - Country Contra
編舞者: Françoise Guillet (FR) - March 2010
音樂: Paradise Knife and Gun Club - Lonestar



Note: this step sheet was translated to English using the French version and the demo/walk through video. Some modifications have also been included

Start as two staggered lines facing each other:

Sequence: A A Tag A A A (first 32 counts only) A to finish

PART A

CROSS KICKS (R, L), ¼ TURN L and HEEL SLAPS (SIDE and BEHIND)

- 1-2 Cross kick the R foot, Step on R foot
- 3-4 Cross kick the L foot, Step on L foot
- 5-6 While turning ¼ turn left Touch the R heel with R hand, Step on R foot
- 7-8 Flick L foot behind R foot and Touch heel of the L foot with R hand, Step on L foot

¼ TURN R and HEEL SLAP (SIDE), CROSS KICKS (L,R), L FOOT STOMPS

- 1-2 While turning ¼ turn right Touch the R heel with R hand, Step on R foot
- 3-4 Cross kick the L foot, Step on L foot
- 5-6 Cross kick the R foot, Step on R foot
- 7-8 Stomp L foot twice

Styling: As you get comfortable with the Choreography use the odd counts above (1, 3, 5, 7, 1, 3, 5,) to tap heels with person closest to you...see Video

VINE L with SCUFF, STEP-LOCK-STEP FORWARD with SCUFF

- 1-4 Vine left with R foot scuff
- 5-8 Step R foot forward, Slide L foot behind R foot, Step R foot forward, Scuff L foot (lines will intersect for this section with the dancers switching places)

STEP L FOOT, ¼ TURN R and SCUFF R, STEP R FOOT, ¼ TURN R and SCUFF L, VINE L with TOUCH

- 1-4 While turning ¼ turn right Step on L foot, Scuff R foot, While turning ¼ turn right Step on R foot, Scuff L foot
- 5-8 Vine left with R foot touch

R TOE STRUT with ¼ TURN R, PIVOT ½ on R FOOT, ¼ TURN, R SIDE STEP, L TOE FAN, L HEEL FAN, L STOMP

- 1-4 Point R toe to right side, Switch weight to R heel while pivoting ¼ turn R, Pivot ½ R on R foot ending with L toe behind (weight is still on R foot), Pivot ¼ turn R (legs end up crossed with R over L and weight on L foot)
- 5-8 Step R foot to right side, Fan L toe to the right, Fan L heel to the right, Stomp L foot

Option for counts 6-7: Do as a slide or two taps

SIDE, TOGETHER, FORWARD, CLAP, STEP, CLAP, STEP, CLAP

- 1-4 Step L foot to L side, Step R foot next to L foot, Step L foot forward, Clap
- 5-6 Step forward on R foot, Clap (dancers should be shoulder to shoulder as you start to pass each other)
- 7-8 Step forward on L foot with clap (dancers should now have their backs to each other)

Option for counts 5-6: Step forward on R foot, while raising arms and clapping hands with the dancer(s) you are passing

ROCK STEP RIGHT, CROSS TOE STRUT, ¼ TURN TOE STRUT BACK, ¼ TURN TOE STRUT RIGHT

SIDE

1-4 Rock on R foot to the side, recover on L foot, Cross R foot over L foot, R toe strut
5-8 Pivot ¼ turn right and L toe strut back, Pivot ¼ turn right and R toe strut

STEP, TOGETHER, HEEL SPLIT, VINE LEFT, STOMP UP

1-2 Step L foot forward, Stomp R foot next to L foot
3-4 Heel split
5-8 Vine left with R foot stomp (weight stays on L foot)

RESTART

TAG: This happens only once in the dance and is done after completing Part A two times

1-8 Monterey Right, R toe strut forward, L toe strut forward (will end up back to back)
9-16 Repeat counts 1-8 (will end up facing each other)
