

Good Thing

拍數: 32 牆數: 4 級數: Beginner
編舞者: Yvonne M Anderson (UK) - March 2025
音樂: Good Thing - Fine Young Cannibals



Intro 32 counts, approx 16 seconds. 2 Restarts on walls 2 & 6 facing 3 o'clock at the end of section

SEC 1. 4 x SUGAR FOOT STEPS MOVING FORWARD

1&2 Touch R toe next to L instep, tap R heel slightly forward, step R foot down
3&4 Touch L toe next to R instep, tap L heel slightly forward, step L foot down.
5&6 Touch R toe next to L instep, tap R heel slightly forward, step R foot down.
7&8 Touch L toe next to R instep, tap L heel slightly forward, step L foot down.

SEC 2. SIDE TOE STRUT, CROSS TOE STRUT, SIDE ROCK RECOVER CROSS, R THEN L

1&2& Tap R toe to R side, followed by the heel, cross the L over the R taping the L toe down,
followed by the heel.
3&4 Rock R foot out to R side, recover on L, cross R over L.
5&6& Tap L toe to L side followed by the heel, cross the R over the L taping the R toe down,
followed by the heel.
7&8 Rock L foot out to L side, recover on R, cross L over R.

BOTH RESTARTS HAPPEN, FIRST ON WALL 2 AND THEN WALL 6 FACING 3 O'CLOCK

SEC 3. RHUMBA BOX, CHARLESTON STEP

1&2 Step R to R side, step L next to R, step back on R.
3&4 Step L to L side, step R next to L, step forward on L.
5-6 Swing R foot forward touching R toe down, swing R foot back placing the weight down on R.
7-8 Swing L foot back, touching L toe down, swing L foot forward placing the weight down on L.

SEC 4. HEEL DIGS X2 TO R DIAGONAL, BEHIND SIDE CROSS, HEEL DIGS X2 TO L DIAGONAL, BEHIND SIDE QUARTER

1-2 Dig R heel to R diagonal x 2
3&4 Cross R behind L, step L to L side, cross R in front of L.
5-6 Dig L heel to L diagonal x 2
7&8 Cross L behind R, step R to R side turning a quarter turn R, step L slightly forward.