

Something Good!

拍數: 48 牆數: 4 級數: Improver
編舞者: Lucy Davies (UK)
音樂: I'm Into Something Good - Herman's Hermits



KICK BALL CROSS, TOE STRUT TWICE, SHUFFLE RIGHT

1&2 Kick right foot to diagonal, step right foot in place, cross left over right
3-4 Touch right toe to side, snap right heel to floor
5-6 Touch left toe across right, snap left heel to floor
7&8 Step right to side, close left beside right, step right to side

ROCK BACK RECOVER, SIDE BEHIND, SHUFFLE ¼ TURN LEFT, STEP ½ PIVOT

9-10 Rock back on left, recover weight to right
11-12 Step left to side, step right behind left
13&14 Step left to side, close right to left, step left forward into ¼ left
15-16 Step forward on right, make ½ pivot turn left

ROCK RIGHT RECOVER, CROSS SHUFFLE, ROCK LEFT RECOVER, BEHIND SIDE CROSS

17-18 Rock right to side, recover weight to left
19&20 Cross step right over left, step left to side, cross step right over left
21-22 Rock out to left side, recover weight to right
23&24 Step left behind right, step right to side, cross left over right

STEP HOLD, ½ PIVOT TURN LEFT HOLD TWICE

25-28 Step forward on right touching left beside right. Pivot ½ turn left on ball of right stepping left forward, touch right beside left
29-32 Repeat counts 25 to 28

Option: step forward on right, hold for one count, make ½ pivot turn left, hold for one count, repeat

STEP BACK RIGHT TOUCH LEFT, STEP BACK LEFT TOUCH RIGHT & REPEAT

33-34 Step diagonally back on right, touch left beside right
35-36 Step diagonally back on left, touch right beside left
37-38 Repeat counts 33-34
39-40 Repeat counts 35-36

Option: you can do turning toe struts starting with right foot, traveling backwards on these 8 counts

KICK BALL STEP, STEP TOUCH, STEP BACK, COASTER STEP, PIVOT ½ TURN LEFT

41&42 Kick right foot forward, step down on right foot in place, step forward on left
43-44-45 Step forward on right foot, touch left beside right. Step slightly back on left foot
46&47 Step back on right foot, step left beside right, step right foot forward
48 Pivot ½ turn to left (weight on left)

REPEAT
