

This Is Good

拍數: 32 牆數: 0 級數:
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音樂: This Is Good - Ricky Martin



SIDE STEP, WEIGHT CHANGES WITH CUBAN MOTION TWICE

- 1 Right step to right side (3:00)
- 2 Hold
- 3 Hold, and slightly drag left to right
- 4 Left step next to right with Cuban motion
- & Right step in place with Cuban motion
- 5 Left step to left side (9:00)
- 6 Hold
- 7 Hold, and slightly drag right to left
- 8 Right step next to left with Cuban motion
- & Left step in place with Cuban motion

RIGHT SIDE STEP, ¼ HITCH RIGHT, LEFT TRIPLE FORWARD, RIGHT ROCK, WEAVE, TOGETHER WITH BODY ROLL

- 9 Right step to right side (3:00)
- 10 Turn ¼ right, while hitching left knee (3:00)
- 11 Step left forward
- & Right step slightly behind left (3rd position)
- 12 Step left forward
- 13 Right step across left
- & Left recover weight back
- 14 Right step to right side (6:00)
- & Left step across right, slightly angle to 4:00
- 15 Right step next to left, knees slightly bent
- & Push hips forward
- 16 While straightening legs pulse shoulders forward

"&8" is a small pulsing body roll, beginning down and rolling with a pulse, up. You will be slightly facing 4:00

RIGHT ROCK-RECOVER, ¼ RIGHT, WEAVE RIGHT-LEFT HIP PULSES, HIP CIRCLE

- 17 Right step forward with slight cross (4:00)
- 18 Left recover weight back (9:00)
- 19 Right step ¼ right (9:00)
- & Left step across right
- 20 Right step to right side (9:00)
- 21 Rotate right hip from front to back, pulse
- 22 Rotate left hip from front to back, pulse
- 23 Begin rotating hips to the left - from left
- 24 Finish hip circle, with weight on left

CROSS CHECKS TWICE, RIGHT STEP, LEFT ¼ PADDLE TURN RIGHT TWICE, STEP TOGETHER

- 25 Right rock forward and across left
- & Left recover weight
- 26 Right step to right side (9:00)
- 27 Left rock forward and across right
- & Right recover weight
- 28 Left step to left side (3:00)

- 29 Step right forward (6:00)
- 30 Left touch $\frac{1}{4}$ right (6:00)
- 31 Left touch $\frac{1}{4}$ right (9:00)
- 32 Left step next to right

REPEAT

RESTART

Restart on wall 2 after 24 counts, wall 4 after 16 counts, and wall 6 after 24 counts
