

Good Girls

拍數: 32 牆數: 4 級數:
編舞者: Judy McDonald (CAN)
音樂: Good Girls - Velvet Empire



RIGHT TRIPLE FORWARD, LEFT TOUCH, LEFT STEP BACK, RIGHT STEP SIDE, LEFT TOUCH

1&2& Step right forward, step left beside right, step right forward, touch left behind right
3-4& Step left back, step right to side, touch left beside right

LEFT SIDE SHUFFLE ¼ TURN, RIGHT ROCK FORWARD, LEFT STEP, ¼ TURN RIGHT STEP

5&6 Step left to side, step right beside left, step left to side making ¼ turn left
7&8 Rock right forward, step left in place, make ¼ turn right and step right to side

LEFT CROSS ROCK, RIGHT STEP, LEFT SIDE STEP, RIGHT CROSS ROCK, LEFT STEP, RIGHT TOUCH

1&2 Step left across in front of right, step right in place, step left to side
3&4 Step right across in front of left, step left in place, touch right beside left

RIGHT STEP SIDE & BEND KNEES, RIGHT TOUCH, HIP BUMPS RIGHT, LEFT, RIGHT, LEFT

5-6 Step right to side and bend knees, shift weight to left and touch right beside left
7&8& Bump hips right, bump left, bump right, bump left

RIGHT HEEL, RIGHT STEP, LEFT TOE, LEFT STEP, RIGHT TOE, RIGHT HEEL, RIGHT TOE

1&2& Touch right heel forward, step right beside left, touch left toe beside right, step left in place
3-4& Touch right toe beside left, touch right heel beside left, touch right toe beside left

RIGHT SIDE TOUCH, RIGHT STEP, LEFT SIDE TOUCH, LEFT STEP, RIGHT SIDE TOUCH, ¼ TURN RIGHT SIT

5&6& Touch right to side, step right together, touch left to side, step left together
7-8 Touch right to side, make ¼ turn right and sit-weight is on left

RIGHT TRIPLE FORWARD, LEFT TOUCH, LEFT STEP BACK, RIGHT STEP SIDE

1&2& Step right forward, step left beside right, step right forward, touch left behind right
3-4 Step left back, step right to side

LEFT STEP SIDE, LEFT BUMP 3X

5-6& Step left to side, bump hips left, bump hips center
7&8 Bump hips left, bump hips center, bump hips left

REPEAT

TAG

Do the following at the beginning (do it once, then just bop for 8 counts), once during the song (you'll be facing the front), and at the end (do it twice)

SHOULDER ISOLATIONS RIGHT, LEFT, RIGHT, LEFT

1&2& (With feet slightly apart) shift shoulders right, shift shoulders left, shift shoulders right, shift shoulders left

Make a letter "C" when you do this by going up on count 1, down on 2. Don't forget to bend your knees!

SHOULDER BOUNCES RIGHT

3&4 Bounce shoulders and move to right

SHOULDER ISOLATIONS LEFT, RIGHT

5-6 Shift shoulders to left, shift shoulders to right

SHOULDER BOUNCES LEFT

7&8 Bounce shoulders and move to left bringing feet together on count 8
