Good Thing

拍數: 24

級數: Improver

編舞者: Barry Amato (USA)

音樂: Good Thing - Fine Young Cannibals

KICK FRONT, HITCH, KICK RIGHT, HITCH, KICK FRONT, STEP, ROCK STEP

- 1-2 Kick the right foot to the front, hitch right to left knee
- 3-4 Kick the right foot to the right side, hitch right to left knee
- 5-6 Kick the right foot to the front, step on the right foot next to left
- 7-8 Rock back on the left foot, recover on the right foot in place

HOP LEFT, HOP LEFT, ROLLING VINE LEFT, STOMP, HOP FORWARD TWICE

- 1-2 Hop to the left (twice) on right foot with left foot hitched to right knee
- 3-4-5 Rolling vine to the left (turning to left) stepping left, right, left, (end up facing original wall)
- 6 Stomp right foot next to left keeping weight on both feet
- 7-8 Hop forward (twice) with weight on both feet

TOE STRUTS WHILE TURNING TO THE RIGHT 1 ¼ TURN, HOP FORWARD TWICE

- 1-2 Turn a ¹/₄ right while touching right toe, then place heel and weight down on right foot
- 3-4 Continue to turn to the right while touching left toe, then place heel and weight down on left foot
- 5-6 Complete turn to the right while touching right toe, then place heel and weight down on right foot, (you will have completed a 1 ¼ turn)
- 7-8 Hop forward (twice) with weight on both feet

REPEAT





牆數:4