

Good To Go

拍數: 32 牆數: 4 級數: Improver
編舞者: Jen Gadberry (USA)
音樂: Good to Go to Mexico - Toby Keith



Pause for first 8 counts of music

SHUFFLE FORWARD RIGHT, ½ TURNS, SHUFFLE FORWARD LEFT, ½ TURNS

- 1&2 Step forward with right, step together with left, step forward with right
- 3 Touch left foot forward, turn ½ left keeping weight on right foot
- 4 Touch left foot forward, turn ½ left keeping weight on right foot
- 5&6 Step forward with left, step together with right, step forward with left
- 7 Touch right foot forward, turn ½ right keeping weight on left foot
- 8 Touch right foot forward, turn ¼ right, keeping weight on left foot

Arm styling:

- 3 Extend arms towards floor at sides with palms facing floor
- & Bend elbows slightly
- 4 Push palms towards floor again

Counts 7&8 repeat

CROSS RIGHT, LEFT/RIGHT/LEFT/RIGHT WITH HITCHES

- 9 Cross step right foot over left foot
- 10 Point left toe to left side
- 11 Hitch left knee up and in (so it passes in front of right knee)
- 12 Point left toe to left side
- &13 Step left foot next to right, point right toe to right side
- &14 Step right foot next to left, point left toe to left side
- &15 Step left foot next to right, point right toe to right side
- &16 Hitch right knee up and in (so it passes in front of left knee), point right toe to right side

Arm styling:

- 10 Swing arms down to a 45 degree angle at the left side
- 11 Swing arms down to the right then continue up a 45 degree angle at the right shoulder. You should "crunch" your body slightly, bringing elbows and left knee towards each other
- 12 Swing arms down & back to position at count 10

CROSS SAMBA POPS, DIAGONAL KICKS, COASTER CROSS

- 17& Cross step right over left, step left to left side
- 18 Step right next to left as you pop up on balls of both feet & turn heels to left
- 19& Cross step left over right, step right to right side
- 20 Step left next to right as you pop up on balls of both feet & turn heels to right
- 21 Kick right forward across left
- 22 Kick right diagonally forward right
- 23& Step back right, step left beside right
- 24& Cross step right over left, slide left foot left until it touches right (feet remain crossed)

Arm styling:

- 18 With arms straight at sides push hands down with palms facing slightly back

Repeat at count 20

SYNCOPATED CROSS STEPS/SLIDES, HEEL SWIVELS, CROSS TURN, CLAPS

- 25& Step right to left side (keeping right crossed over left), slide left foot left until it touches right (feet remain crossed)
- 26& Repeat counts 25&

- 27 Step right to left side (keeping right crossed over left)
- &28 Swivel heels right, swivel heels left
- 29 Step left to left side
- 30 Cross step left over right
- 31 Unwind $\frac{1}{2}$ turn right
- &32 Clap hands together twice (hands should be near right shoulder keep elbows close to body)

REPEAT
