

Good-Times

拍數: 32 牆數: 2 級數: Improver
編舞者: Brett Jenkins (AUS)
音樂: Blame It On the Boogie - The Jacksons



- 1&2 Forward samba right (step right foot across in front of left, rock left foot to left side, rock right to right side)
- 3&4 Forward samba left (step left foot across in front of right, rock right foot to right side, rock left to left side)
- 5&6& Rock forward onto right, rock back onto left, make a ½ turn back to the right and rock forward on the right foot, rock back onto left
- 7&8& Make a ¼ turn right and rock forward onto the right foot, rock back onto left, make a ¼ turn right and step forward on the right foot, touch left beside right
- 1-4 Step left forward to the left 45 degrees, step right beside left, repeat previous 2 counts
- &5&6 Step left out to left side, step right out to right side, step left foot in, step right foot next to left
- 7-8 Step left foot back, step right foot to right side
- 1-4 Tap the right heel 4 times (on the last tap, put the weight on the right foot)
- Optional hand move: while doing previous 4 counts, at shoulder height, move your left hand from the left side of your body to the right side**
- &5-6 Rock weight onto left foot, touch right foot across in front of left, hold for count 6
- 7-8 Unwind a ¼ turn to the left while rising onto your toes and back onto your heels to get a bop effect, repeat for count 8 end with weight on left foot
- Optional hand move: while doing previous 2 counts, at shoulder height, put left hand out in front of body and move the hand with the body on the 2 ¼ turns**
- 1&2 Rock right foot forward to the right 45 degrees, rock weight onto left, rock weight onto right
- 3&4 Rock left foot forward to the left 45 degrees, rock weight onto right, rock weight onto left
- 5-6 Step right out to right side, hold for count 6
- &7&8 Twist heels to the left, twist heels to the right, twist heels to the left, twist heels to the center ending with weight on the left foot

REPEAT
