

# Goodnight Fred

拍數: 32      牆數: 4      級數: Improver  
編舞者: Gerard Murphy (CAN), Marilynne Delurey (CAN) & Cathy Montgomery (CAN)  
音樂: When the Lights Go Out - Five



## SHUFFLE FORWARD LEFT, SCUFF ¼ TURN LEFT, HITCH LEFT, BUMP AND BUMP

1&2      Shuffle forward left, right, left  
3-4      Scuff right foot forward, turn ¼ turn left and step right foot forward  
5-6      Touch left foot beside right, step left foot in place with a bump to the left  
**If more comfortable hitch left knee up on count 5**  
7&8      Bump hips right, left, right

## SIDE SHUFFLE LEFT, SAILOR RIGHT, LEFT BEHIND SIDE AND STEP FORWARD, SWIVEL RIGHT TOE

1&2      Side shuffle left, right, left  
3&4      Sailor shuffle right, left, right  
5&6      Step left foot behind right, step right to side, step left foot forward  
7&8&      Touch right toe forward with toe turned in, swivel right heel out, in, out

## TRAVELING MASHED POTATO STEPS BACK RIGHT AND LEFT, RIGHT COASTER STEP, SHUFFLE FORWARD LEFT, AND TWO PADDLE TURNS LEFT ¼ TURN EACH

&1      Rise up on ball of left foot with toes turned in on both feet, step back on right foot with toes turned out on both feet  
&2      Rise up on ball of right foot with toes turned in on both feet, step back on left foot with toes turned out on both feet  
3&4      Coaster step right, left, right  
5&6      Locking shuffle forward left, right, left  
7&8      Turn ¼ left and touch right toe to side, hitch right knee, turn ¼ left and touch right toe to side

## WHILE TRAVELING BACK RIGHT FRONT SAILOR, LEFT FRONT SAILOR, WALK FORWARD RIGHT, LEFT, ½ TURN PIVOT LEFT, TOUCH LEFT TOE ACROSS RIGHT

1&2      Step right foot across left, step left to side, step right beside left  
3&4      Step left foot across right, step right to side, step left beside right  
5-6      Walk forward right, left  
7-8      Step forward on right, turn ½ left and touch left toe across right

## REPEAT

## RESTART

After third wall repeat the first 8 counts of the dance and then start dance again

After completing the dance 5 more times repeat the first 8 counts of the dance twice, and then start dance again