Been Good To Me



拍數: 32 牆數: 4 級數: Improver

編舞者: Nancy Morgan (USA)

音樂: God's Been Good to Me - Keith Urban



SIDE ROCK, ROCK FORWARD AND BACK AND, CROSS, STEP BACK, SIDE SHUFFLE

1-2 Rock/step right foot to right side and back to left

3&4& Cross/rock right over left, rock back on left, rock/step back on right, step forward on left

5-6 Cross right over left, step back on left 7&8 Side shuffle to right - right, left, right

FORWARD ROCK, COASTER STEP, SKATE, SKATE, SHUFFLE FORWARD

1-2 Rock/step forward on left and back on right

3&4 Coaster step - step back on left, step back on right, step forward on left

5-6 Skate/skate - slide right foot on the floor towards 1:00, slide left foot on the floor towards

11:00

7&8 Shuffle forward - right, left, right

STEP, ½ TURN PIVOT, SHUFFLE FORWARD, SKATE, SKATE, FORWARD ROCK

1-2 Step forward on left, pivot ½ turn to your right (weight ends on right)

3&4 Shuffle forward - left, right, left

5-6 Skate/skate - slide right foot on the floor towards 1:00, slide left foot on the floor towards

11:00

7-8 Rock/step forward on right and back on left

COASTER STEP, ½ TURN, ¼ TURN, STEP, TOUCH

Coaster step - step back on right, back on left, forward on right
Step forward on left, pivot ½ turn to your right (weight is on right)
Step forward on left, pivot ¼ turn to your right (weight is on right)

7-8 Step left forward, touch right toe next to left instep

REPEAT