

# Being Good

拍數: 60      牆數: 0      級數:  
編舞者: Ian St. Leon (AUS)  
音樂: If You Can't Be Good, Be Good At It - Neal McCoy



- 1-2            Step forward on right at 45 degrees right, lock left behind right,  
&3-4           Step back on right at 45 degrees right, step forward on left at left 45 degrees, lock right behind left  
&5-6           Step back on left at 45 degrees left, step forward on right at 45 degrees right, lock left behind right  
&7-8           Step back on right at 45 degrees right, step forward on left at left 45 degrees, lock right behind left
- &1-2           Step forward on left, turn  $\frac{1}{4}$  left while stepping back on right, turn  $\frac{1}{2}$  left while step forward on left  
3&4           Shuffle forward right (right-left-right)  
5-6           Rock forward on left, rock/step back on right  
7&8           Cha-cha (left-right-left) as you turn  $\frac{1}{2}$  left
- 1-2            Rock forward on right, rock/step back on left  
3&4           Cha-cha (right-left-right) as you turn  $\frac{3}{8}$  right (facing 45 degrees right as if facing the front)  
5-6           Rock forward on left, rock/step back on right  
7&8           Cha-cha (left-right-left) as you turn  $\frac{1}{2}$  left (facing 45 degrees right as if facing the back)
- 1-2            Rock forward on right, rock/step back on left  
3&4           Coaster step-step back on right, step back on left, step forward on right  
5-6           Step left to left side, step right to right side turn 45 degrees right  
7&8           Left sailor shuffle-step left behind right, step right to right side, step left to left side
- 1&2            Right sailor shuffle-step right behind left, step left to left side, step right to right side  
3-4           Step left behind right, unwind  $\frac{3}{4}$  (facing front)-weight on left  
5&6           Side shuffle right (right-left-right)  
7-8           Step forward on left, step right together-weight on right
- &1&2           Step back on left, touch right heel forward, step back on right, step forward on left  
3&4           Step right to right side, step left in place, step right across left  
&5&6           Step back on left, touch right heel forward, step back on right, step forward on left  
7&8           Step right to right side, step left in place, step right across left
- 1-2            Turn  $\frac{1}{4}$  turn left-step forward on left, step right together-weight on right  
3&4           Coaster step-step back on left, step back on right, step forward on left  
5&6-7-8       Side shuffle right (right-left-right), rock back on left, step forward on right
- 1&2-3-4       Side shuffle left (left-right-left), rock back on right, step forward on left

**REPEAT**