

# Good Foot

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: John Buis - July 2007  
音樂: Good Foot (feat. Timbaland) - Justin Timberlake : (CD: Shark Tale Soundtrack)



## HEEL, STEP, HEEL, STEP, SKATES, HEEL, STEP, HEEL, STEP, SKATES

1&      Touch right heel diagonally forward, step right together  
2&      Touch left heel diagonally forward, step left together  
3&4      Skate Right, skate left, skate right  
5&      Touch left heel diagonally forward, step left together  
6&      Touch right heel diagonally forward, step right together  
7&8      Skate left, skate right, skate left

## BACK, BACK, BUMP BACK 2X, BACK, BACK, BUMP BACK 2X

1-2      Step right diagonally back, step left diagonally back  
3&4      Touch right diagonally back and bump hips right, left, right  
5-6      Step left diagonally back, step right diagonally back  
7&8      Touch left diagonally back and bump hips left, right, left

## ROLLING VINE - TOUCH, STEP - BODY ROLE 2X

1-2-3-4      Turn ½ right and step right forward, turn ½ right and step left back, turn ¼ right and step right to side, touch left together  
5-6      Step left to side (body roll), right step together  
7-8      Step left to side (body roll), right step together

## BOUNCE STEP SIDE WITH HIP, TOGETHER, TURN ½ RIGHT IN 2E POSITION - WIDE STEP SIDE, TOGETHER, KNEE POP'S RIGHT-LEFT-RIGHT-RIGHT

1&2      Rock left to side and bump hips left, recover to right, step left together  
3-4      Turn ½ right and step right to side, left step together  
5&6&      Swivel right knee to left (bounce down & up), step right in place and swivel left knee to right (bounce down & up)  
7&8&      Step left in place and swivel right knee to left (bounce down & up), step left in place and swivel right knee to left (bounce down & up)

## REPEAT

### Alternative sexy moves for last 6 counts

3-4      Turn ½ right and step right to side, step left together  
5      Go down knees closed  
6      Come up from sit position (stretch your legs first, keep back stretched down forward)  
7-8      Roll upper body slowly to an all standing position

**TAG: Free style for 16 counts after walls 3 and 6**