

Good Riddance

拍數: 32 牆數: 4 級數: Improver
編舞者: Harry Seddon (UK) - August 2008
音樂: Good Riddance (Time Of Your Life) - Glenn Campbell



Count in: 16 beats. Choreographed at 96bpm.

Sequence: 32, 28, 32, 28, 32, 28, 32. (Restart after 28 counts on Walls 2,4,6).

Section 1

Modified Box Step with ¼ Turn Left. Cross Shuffle, Left Chasse.

- 1, 2 Step fwd on right, cross step left over right.
- 3, 4 Step back on right, ¼ turn left stepping left to left side.
- 5 & 6 Cross step right over left, step left to left side, cross step right over left.
- 7 & 8 Step left to left side, step right alongside left, step left to left side. (9.00).

Section 2.

Back Rock, Recover. ¼ Turn Shuffle, 2 x ½ Turns, Shuffle ½ Turn.

- 1, 2 Rock back right behind left, recover fwd onto left.
- 3 & 4 ¼ turn right stepping onto right, step left alongside, step fwd onto right
- 5, 6 ½ turn right stepping back onto left, ½ turn right stepping fwd onto right
- 7 & 8 ¼ turn right stepping left to left side, step right alongside, ¼ turn right stepping back onto left.
(6.00).

Section 3.

Right & Left Back Mambo Rocks. Sync Ext Vine Right.

- 1 & 2 Rock back onto right, recover fwd onto left, step right alongside left.
- 3 & 4 Rock back onto left, recover fwd onto right, step left alongside right.
- 5 & 6 Step right to right side, step left behind right, step right to right side
- & 7 & 8 Step left over right, step right to right side, step left behind right, step right to right side.
(6.00).

Section 4.

Modified Box Step with ¼ Turn Left, Touch. 2 x Step ½ Pivots Left.

- 1, 2 Step fwd onto left, cross step right over left.
 - 3, 4 ¼ turn left stepping left to left side, touch right toes alongside left.
- RESTART HERE DURING WALLS, 2, 4, 6. (Facing back, front, back).**
- 5, 6 Step fwd onto right, ½ pivot turn left.
 - 7, 8 Step fwd onto right, ½ pivot turn left. (3.00).