

No Good Girl

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jonathan Williamson (UK) - March 2012
音樂: Good Girl - Carrie Underwood : (Single)



Dance start: Count 32 from beginning of track (Start at 15 Seconds)

R Side Rock, Recover, R Cross Shuffle, ¼ Turn ¼ Turn, L Forward Shuffle

1-2 Rock right to right side, recover weight back on left
3&4 Cross right over left, step left to left side, cross right over left
5-6 ¼ turn right, stepping back left, ¼ turn right, stepping forward right
7&8 Step forward left, step right besides left, step forward left

Walk R L, R Shuffle, L Rock, Recover, L Behind Side Cross

1-2 Walk forward right, left
3&4 Step forward right, step left besides right, step forward right
5-6 Rock forward left, recover weight back on right
7&8 Step left behind right, Step right to right side, cross left over right

(Restart here wall 3)

R Side, Together, R Chasse ¼ Turn, L Step ½ Pivot, L Step ¼ Turn

1-2 Step right to right side, step left besides right
3&4 Step right to right side, step left besides right, ¼ turn right, stepping forward right
5-6 Step forward left, ½ turn right
7-8 Step forward left, ¼ turn right

L Cross Point, R Cross Point, L Jazz Box ¼ Turn, R Scuff Forward

1-2 Cross left over right, point right to right side
3-4 Cross right over left, point left to left side
5-6 Cross left over right, Step back right,
7-8 ¼ turn left, stepping forward left, Scuff right forward

Hip Bumps Forward x2, Back x2, Forward, Back, Forward x2

1-2 Stepping forward right, bump hips forward twice
3-4 Bump hips back twice
5-6 Bump hips forward, back
7-8 Bump hips forward twice

L Step, R Touch, Back R Shuffle, L Sailor ¼ Turn, R Forward Shuffle

1-2 Step forward left, touch right besides left
3&4 Step back right, step left besides right, step back right
5&6 Cross left behind right, ¼ turn left stepping right next to left, step forward left
7&8 Step forward right, step left besides right, step forward right

Walk L R, L Shuffle, R Rock, Recover, R Sailor ½ turn

1-2 Walk forward left, right
3&4 Step forward left, step right besides right, step forward left
5-6 Rock forward right, recover weight back on left
7-8 Cross right behind left, make ½ turn right stepping left next to right forward right

Walk L R, L Kick Ball Point, R Sailor Step, L Sailor Step

1-2 Walk forward Left, Right
3&4 Kick left forward step left besides right, point right to right side

5&6 Cross right behind left, step left besides right, step forward right
7&8 Cross left behind right, step right besides left, step forward left

Restarts: Restart after step 16 on wall 3.

Contact: Email me: willand@talktalk.net. - Website: www.feetaflame.talktalk.net
