

Hey Good Girl

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Jodie Lavinia Cope (UK) - March 2012
音樂: Good Girl - Carrie Underwood



Count in – About 34 counts in. Begin on vocals “ hey good girl”

(1-8) Walk right, left, right shuffle forward, Rock forward, recover, Back lock step.

- 1 – 2 Walk Forward Right(1). Left(2).
- 3 & Right shuffle forward stepping forward on right(3). Step left next to right(&).
- 4 Step forward on right(4).
- 5 – 6 Rock forward on left(5). Recover weight onto right foot(6).
- 7 & 8 Back left lock step, Stepping back on left(7). Lock right over left(&). Step back on left(8).

(9-17) Right coaster step, Cross, back & ¼ turn cross, Side shuffle, Rock back, Recover

- 1 & 2 Right coaster step, stepping back on right(1). Step left next to right(&). Step forward on right foot(2).
- 3 - 4 Cross left over right(3). Step back on right foot(4).
- & 5 Make a ¼ turn left stepping left to left side(&). Cross right foot over left(5). 9:00
- 6 & 7 Side shuffle left, stepping left to left side(6), Step right next to left(&), Step left to left side(7).
- 8 - 1 Rock right behind left(8). Recover weight onto right foot(1).

(18-25) Side, behind, side, cross, side, ¼ turn left, right shuffle forward.

- 2 – 3 Step right to right side(2). Cross left behind right(3).
- 4 – 5 Step right to right side(4). Cross left over right(5).
- 6 – 7 Rock right to right side(6). Recover weight onto left foot making a ¼ turn left(7). 6:00
- 8 & 1 Right shuffle forward, stepping right forward(8). Step left next to right(&). Step forward right(1).

(26-32) Heel switches, left & right & step ¼ left and cross, Rock side, Recover.

- 2 & Touch left heel forward(2). Step left foot next to right(&).
- 3 & Touch right heel forward(3). Step right next to left(&).
- 4 - 5 Step left foot forward(4). Make a ¼ turn right stepping right foot behind left(5).9:00
- & 6 Step left to left side(&). Cross right over left(6).
- 7 - 8 Rock left to left side(7). Recover weight onto right foot(8).

(33-40) Behind, side, cross ¼ turn right. Rock forward, recover, Step back right with hip bumps, step back left with hips bumps

- 1 & 2 Step left behind right(1). Step right To right side(&). Make a ¼ turn right stepping forward on left(2). 12:00
- 3 – 4 Rock forward on right(3). Recover weight onto left(4).
- 5 & 6 Step back on right foot bumping your hip to the right.(5)Bump hips to the left(&). Bum hips to the right(6).
- 7 & 8 Step back on left foot bumping hips to the left(7). Bump hips to the right(&). Bump hips to the left(8).

(you can either do hip bumps, or 1 body roll back with each step back)

(41-48) Right coaster step, walk forward left, right, cross, back and ¼ turn left, cross, Step side.

- 1 & 2 Right coaster step stepping right back(1). Step left next to right(&). Step forward on right(2).
- 3 – 4 Walk forward left(3). Right(4).
- 5 – 6 Cross left over right(5). Step back on right(6).
- & 7 Make a ¼ turn left stepping left to left side(&). Cross right over left(7). 9:00
- 8 Step left to left side(8).

(49-56) Behind, Side, Cross, Side rock & cross, ¼ turn left, ¼ turn left, Right shuffle forward.

- 1 & 2 Cross right behind left(1) Step left to left side(&). Cross right over left(2).
3 & 4 Rock right to right side(3). Recover weight onto right(&). Cross left over right(4).
5 Make ¼ turn left stepping back on right foot(5). 6:00
6 Make a ¼ turn left Stepping left to left side(6). 3:00
7 & 8 Right shuffle forward stepping, Right foot forward(7). Step left next to right(&). Step right foot forward(8).

(57-64) Rock forward left, recover, Walk back left, right, Left coaster step, Kick & Step forward left

- 1 – 2 Rock forward on left(1), Recover weight onto right foot(2).
3 – 4 Walk back left(3), Right(4),
5 & 6 Right coaster step stepping back on left(5). Step right next to left(&), Step forward on left(6).
7 & 8 Kick right foot forward(7). Step right next to left(&), Step forward on left(8),

Tag: On the 5th wall dance up to count 62. Facing wall 3:00.

Then add the following steps.

- 1 & 2 Kick right foot forward(1). Step right to right side(&), Step left to left to left side(2).
3 – 6 Do a big hip roll counter-clockwise end weight on left foot. (or do a body roll back over the 4 counts)

Then begin dance again

Dance and enjoy

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