

Good Time Girls

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Carmel Kelly - May 2014
音樂: Good Time Girls - Nathan Carter



Section 1 - 8 beats

Right Heel, hook, heel, hitch, coaster step mambo forward, mambo back

1&2& right heel, right hook, right heel, right hitch (slap thigh)
3&4 right coaster step
5&6 rock forward on left foot, rock back on right foot, step back on left
7&8 rock back on right foot, rock forward on left foot, step forward on right

Section 2 - 8 beats

Left Heel, hook, heel, hitch, coaster step mambo forward, mambo back

1&2& Left heel, Left hook, Left heel, Left hitch (slap thigh)
3&4 Left coaster step
5&6 rock forward on right foot, rock back on Left foot, step back on right
7&8 rock back on Left foot, rock forward on right foot, step forward on Left

Section 3 - 8 beats (only danced once like this)

R step touch, L step kick, R behind-side-cross, L step touch, R step kick, L behind-side-cross

1&2& Step R side, touch L together, step L side, low kick R
3&4 cross step R behind L, step L side, cross step R over L
5&6& step L side, touch R together, step R side, low kick L
7&8 cross step L behind R, step R side, cross step L over R

Section 4 - 8 beats

Charleston swing twice

1, 2 swing right foot forward pointing right foot forward, swing right foot back stepping back on right
3, 4 swing left foot back pointing left foot back, swing left foot stepping onto left

Beats 5-8 repeat beats 1-4

All of these first 32 beats are danced to 12.00 Wall

RESTART

Repeat Section 1 and 2 again (still to 12.00 wall)

Section 3 (which is a variation of first section 3 as it now has a 1/4 turn, and will remain the Section 3 from now on)

R step touch, L step kick, R behind-side-cross, L step touch, R step kick, ¼ Sailor Turn

1&2& Step R side, touch L together, step L side, low kick R
3&4 cross step R behind L, step L side, cross step R over L
5&6& step L side, touch R together, step R side, low kick L
7&8 turn ¼ left as you step left behind, right, step right to side, step left to side (facing 9 o'clock)

Section 4 as before - 8 beats

Charleston swing twice

1, 2 swing right foot forward pointing right foot forward, swing right foot back stepping back on right
3, 4 swing left foot back pointing left foot back, swing left foot stepping onto left

Beats 5-8 repeat beats 1-4

Section 5 - 8 beats

Shuffle ¼ turn R, Shuffle ¼ turn R, Shuffle ½ turn right, Shuffle ½ turn right

- 1&2 ¼ turn right step side right (12.00), left step next to right, right step
- 3&4 ¼ turn right step side left (9.00), right step next to left, left step
- 5&6 ½ turn right step side right (3.00), left step next to right, right step
- 7&8 ½ turn right step side left (9.00), right step next to left, left step

Section 6 - 8 beats

Point and point and stamp, stamp, clap. Right and left cross Mambos

- 1&2& point right foot out to the right, bring right foot back next to left foot

Point left foot out to left, bring left foot back next to right foot

- 3&4 right foot stamp, left foot stamp, clap
- 5&6 cross rock right over left, recover on left, step right to right
- 7&8 cross rock left over right, recover on right, step left to left

Section 7 - 8 beats

Chasse Right, Hitch ¼ turn left, chasse left, hitch ¼ turn left, chasse Right, Hitch ¼ turn left, chasse left

- 1&2 step right to right side, close left beside right, step right to right side
- & hitch left knee up making ¼ turn left (12.00)
- 3&4 step left to left side, close right beside left, step left to left side
- & hitch right knee up making ¼ turn left (9.00)
- 5&6 step right to right side, close left beside right, step right to right side
- & hitch left knee up making ¼ turn left (6.00)
- 7&8 step left to left side, close right beside left, step left to left side

Section 8 - 8 beats

Point and point and stamp, stamp, clap. Right and left cross Mambos

- 1&2& point right foot out to the right, bring right foot back next to left foot, Point left foot out to left, bring left foot back next to right foot
- 3&4 right foot stamp, left foot stamp, clap
- 5&6 cross rock right over left, recover on left, step right to right
- 7&8 cross rock left over right, recover on right, step left to left

Repeat from Section 1 again - remember to dance the 2nd version of Section 3 (with the turn) each time.

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