

Good Foot

Count: 32

Wand: 2

Ebene: Intermediate

Choreograf/in: John Buis - July 2007

Musik: 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