## The Good Stuff

Count: 48
Wall: 2
Level: Easy Intermediate Polka Rhythm


## \#16 count intro

[1-8] CROSSING TRIPLE, $1 / 4$ TURN CHASSE (X2), CROSSING HEEL JACK
1\&2 Cross R over L, Step L to L, Cross R over L
3\&4 Step $L$ to $L$, Step $R$ next to $L$, Make $1 / 4$ turn $R$ stepping $L$ back (3:00)
5\&6 Make $1 / 4 R$ stepping $R$ to $R$, Step $L$ next to $R$, Step $R$ to $R(6: 00)$
7\&8\& Cross L over R, Step R slightly back, Touch $L$ heel to $L$ diagonal, Step $L$ next to $R$
[9-16] CROSSING HEELS JACK (X2), ¼ TURN, ¼ CHASSE
1\&2\& Cross R over L, Step L slightly back, Touch R heel to R diagonal, Step R next to L
3\&4\& Cross L over R, Step R slightly back, Touch $L$ heel to $L$ diagonal, Step $L$ next to $R$
5-6 Cross R over L, Make $1 / 4 R$ stepping $L$ back (9:00)
7\&8 $\quad$ Make $1 / 4$ turn $R$ stepping $R$ to $R$, Step $L$ next to $R$, Step $R$ to $R(12: 00)$
[17-24] DIAGONAL TRIPLE (X2), WEAVE, STEP, HEEL SWIVEL
$1 \& 2 \quad$ Stepping to the R diagonal (1:30) Step $L$ forward, Step R next to $L$, Step $L$ forward
$3 \& 4 \quad$ Make $1 / 4$ turn $R$ Stepping R back (4:30), Step L next to R, Step R back
(**Styling note: When doing the triples, think of a galloping motion)
5\&6 Make 1/8 turn R stepping L behind R (6:00), Step R to R, Step L over R
$7 \& 8 \quad$ Step $R$ to $R$ diagonal, Swivel both heels forward and back (weight to $L$ )
[25-32] SAILOR, $1 / 4$ SAILOR, $1 ⁄ 2$ PIVOT, TRIPLE
1\&2 Step $R$ behind $L$, Step $L$ slightly to $L$, Step $R$ next to $L$
3\&4 Step $L$ behind $R$, make $1 / 4$ turn $L$ stepping $R$ slightly to $R(3: 00)$, Step $L$ next to $R$
5-6 Step $R$ forward, Pivot $1 / 2$ turn $L$ stepping forward onto $L$ (9:00)
7\&8 Step R forward, Step L next to R, Step R forward
[33-40] HEEL GRIND (X2), ROCK, 1/4 CHASSE
1-2\& $\quad$ Step $L$ slightly forward, Grind heel $R$ to $L$, Step $L$ next to $R$
3-4\& $\quad$ Step $R$ slightly forward, Grind heel $L$ to $R$. Step $R$ next to $L$
5-6 Rock $L$ forward, Replace to R
7\&8 Make $1 / 4$ turn $L$ stepping $L$ to $L$, Step $R$ next to $L$, Step $L$ to $L$ (6:00)
**Restart here on wall 3**
[41-48] JAZZ CROSS, FULL TURN
1-2 Cross $R$ over $L$, Step $L$ slightly back
3-4 $\quad$ Step $R$ slightly to $R$, Cross $L$ over $R$
5-6 Make $1 / 4$ turn $L$ stepping $R$ back (3:00), Pivot $1 / 2$ turn $L$ stepping onto, $L$ (9:00)
7-8 Step R forward, Pivot $1 / 4$ turn $L$ stepping onto $L$

REPEAT AND HAVE FUN !!!!!

