Good Foot

Count: 32   **Wall:** 2   **Level:** Intermediate

Choreographer: John Buis - July 2007

Music: 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