

Good 4 U

Compte: 96

Mur: 2

Niveau: Phrased Intermediate +

Chorégraphe: Ilenia Cracco (IT) & Sara (IT) - November 2021

Musique: good 4 u - Olivia Rodrigo



Sequence: A-A-B-Tag-A-A-B-Tag-B32-A-A-B-Tag-A8-Finale

Intro : 08 Counts

Part A: 32 Counts

[01-08] Rumba box, Hold, Rumba box, Hold

1-2-3 RF step side, LF step near RF, RF step fwd
4 Hold
5-6-7 LF step side, RF step near LF, LF step fwd
8 Hold

[09-16] Mambo fwd, Hold, Shuffle turn ½ L, Hold

1-2-3 RF step fwd, LF recover weight, RF step back
4 Hold
5-6-7 LF ¼ turn L step side, RF step near LF, LF ¼ turn L step fwd-----6:00
8 Hold

[17-24] Skate x2, Turning Jazz box ½ R,

1-2-3-4 RF skate in 2 counts, LF skate in 2 counts
5-6-7 RF cross over LF, LF step back, RF ½ turn R step side-----7:30
8 Hold

[25-32] ½ R Stomp x2, Jazz box

1-2-3-4 LF ½ L stomp side in 2 counts, RF stomp side in 2 counts-----6:00
5-6-7-8 LF cross over RF, RF step back, LF step side, RF touch near LF

Tag 16 Counts

[01-08] Grapevine R, Scuff, Turning grapevine ½ L, Scuff

1-2-3 RF step side, LF cross behind RF, RF step side
4 LF scuff
5-6-7 LF step side, RF cross behind LF, LF ½ turn L step down
8 RF scuff

[09-16] Grapevine R, Scuff, Turning grapevine ½ L, Scuff

1-2-3 RF step side, LF cross behind RF, RF step side
4 LF scuff
5-6-7 LF step side, RF cross behind LF, LF ½ turn L step down
8 RF scuff

Part B: 64 Counts

[01-08] Kick x2, Sailor R, Kick x2, Sailor L

1-2 RF kick fwd, RF kick diag fwd
3&4 RF cross behind LF, LF step side, RF step side
5-6 LF kick fwd, LF kick diag fwd
7&8 LF cross behind RF, RF step side, LF step side

[09-16] Point side & together x2, Heel switches, Turning toe strut ½ L

1-2 RF point side using 2 counts

&	RF step near LF	
3-4	LF point side using 2 counts	
&	LF step near RF	
5&6	RF heel touch fwd, RF step near LF, LF heel touch fwd	
7-8	LF point back, LF ½ turn L step down-----	6:00

[17-24] Kick ball step, Step turn turn, Big step back & drag

1&2	RF kick fwd, RF step near LF, LF step fwd	
3-4-5	RF step fwd, LF ½ turn L step fwd, RF ½ turn L step back-----	6:00
6-7-8	LF big step back, RF drag near LF in 2 counts	

[25-32] Stomp, ½ L Stomp, Jazz box

1-2	RF stomp fwd using 2 counts	
3-4	LF ½ turn L stomp fwd using 2 counts	
5-6-7-8	RF cross over LF, LF step back, RF step side, LF cross over RF-----	12:00

[33-40] Wave R, Rock side, Stomp-up x2

1-2-3-4	RF step side, LF cross behind RF, RF step side, LF cross over RF	
5-6	RF step side, LF recover weight	
7-8	RF stomp-up, RF stomp-up	

[41-48] Kick & turn & point, Hold, Kick ball step, Kick

1-2&3	RF kick fwd, RF cross over LF, RF ½ turn L step down, LF point side-----	6:00
4	Hold	
5&6	LF kick fwd, LF step near RF, RF step fwd	
7-8	LF kick fwd, LF hook in front of RF	

[49-56] Heel strut x2, Mambo fwd, Hold

1-2-3-4	LF heel touch fwd, LF step down, RF heel touch fwd, RF step down	
5-6-7	LF step fwd, RF recover weight, LF step back	
8	Hold	

[57-64] Toe strut ½ R, ½ R Toe strut, Step hook, Step scuff

1-2	RF point back, RF ½ turn R step down-----	12:00
3-4	LF ½ turn R point back, LF step down-----	6:00
5-6	RF step back, LF hook in front of RF	
7-8	LF step fwd, RF scuff	

Finale RF stomp-up near LF, RF stomp fwd
