

# The Good Stuff

Compte: 48

Mur: 2

Niveau: Easy Intermediate Polka Rhythm



Chorégraphe: John Dembiec (USA) - June 2022

Musique: 5 Foot 9 - Tyler Hubbard

## #16 count intro

### [1-8] CROSSING TRIPLE, ¼ 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 ¼ turn R stepping L back (3:00)  
5&6 Make ¼ 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 ¼ R stepping L back (9:00)  
7&8 Make ¼ 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 Stepping to the R diagonal (1:30) Step L forward, Step R next to L, Step L forward  
3&4 Make ¼ 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 Step R to R diagonal, Swivel both heels forward and back (weight to L)

### [25-32] SAILOR, ¼ SAILOR, ½ 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 ¼ turn L stepping R slightly to R (3:00), Step L next to R  
5-6 Step R forward, Pivot ½ 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, ¼ CHASSE

- 1-2& Step L slightly forward, Grind heel R to L, Step L next to R  
3-4& 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 ¼ 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 Step R slightly to R, Cross L over R  
5-6 Make ¼ turn L stepping R back (3:00), Pivot ½ turn L stepping onto, L (9:00)  
7-8 Step R forward, Pivot ¼ turn L stepping onto L

**REPEAT AND HAVE FUN !!!!!**