

Good to Be

拍数: 32 墙数: 2 级数: Beginner +
编舞者: Chrystel DURAND (FR) - March 2024
音乐: Good To Be - Mark Ambor



Intro : 1 x 8

[1-8] WALK R & L, SYNCOPATED ROCKING CHAIR, WALK R & L, SYNCOPATED ROCKING CHAIR

1-2 Walk right step forward, walk left step forward
3& Rock right forward, recover on left
4& Rock right back, recover on left
5-6 Walk right step forward, walk left step forward
7& Rock right forward, recover on left
8& Rock right back, recover on left

[9-16] STEP ½ TURN, SHUFFLE FORWARD, STEP ¼ TURN, CROSS SHUFFLE

1-2 Step right forward, ½ turn left (weight on left foot)
3&4 Step right forward, step left next to right, step right forward
5-6 Step left forward, ¼ turn right (weight on right foot) 9.00
7&8 Cross left over right, step right to right side, cross left over right

[17-24] HEEL DIAGONALLY R FORWARD X 2, BEHIND SIDE CROSS, HEEL DIAGONALLY L FORWARD, BEHIND SIDE CROSS

1-2 Tap right heel diagonally right forward, Tap right heel diagonally right forward
3&4 Cross right behind left, step left to left, cross right over left
5-6 Tap left heel diagonally left forward, tap left heel diagonally left forward
7&8 Cross left behind right, step right to right side, cross left over right

[25-32] ROCK SIDE R, BEHIND SIDE CROSS, ROCK SIDE L, SAILOR ¼ TURN L

1-2 Rock right to right side, recover on left
3&4 Cross right behind left, step left to left, cross right over left
5-6 Rock left to left side, recover on right
7&8 Cross left behind right, ¼ turn left stepping right next to left, step left slightly forward 6.00

TAG : At the end of wall 1 & 3 (face at 6.00) add the following steps and restart the dance from the beginning

[1-8] ROCKING CHAIR, JAZZ BOX

1-4 Rock right forward, recover on left, rock right back, recover on left
5-6 Cross right over left, step left back, step right to right side, step left forward

[9-16] REPEAT COUNTS 1-8

[17-20] STOMP ON PLACE R, L, R, L

1-4 Stomp right on place, stomp left on place, stomp right on place, stomp left on place

HAVE FUN !

Chrystel DURAND - email barail.ranch@orange.fr website <http://www.barailranch.site-fr.fr/>