

# Being Good

拍数: 60      墙数: 0      级数:  
编舞者: Ian St. Leon (AUS)  
音乐: If You Can't Be Good, Be Good At It - Neal McCoy



- 1-2      Step forward on right at 45 degrees right, lock left behind right,  
&3-4      Step back on right at 45 degrees right, step forward on left at left 45 degrees, lock right behind left  
&5-6      Step back on left at 45 degrees left, step forward on right at 45 degrees right, lock left behind right  
&7-8      Step back on right at 45 degrees right, step forward on left at left 45 degrees, lock right behind left
- &1-2      Step forward on left, turn  $\frac{1}{4}$  left while stepping back on right, turn  $\frac{1}{2}$  left while step forward on left  
3&4      Shuffle forward right (right-left-right)  
5-6      Rock forward on left, rock/step back on right  
7&8      Cha-cha (left-right-left) as you turn  $\frac{1}{2}$  left
- 1-2      Rock forward on right, rock/step back on left  
3&4      Cha-cha (right-left-right) as you turn  $\frac{3}{8}$  right (facing 45 degrees right as if facing the front)  
5-6      Rock forward on left, rock/step back on right  
7&8      Cha-cha (left-right-left) as you turn  $\frac{1}{2}$  left (facing 45 degrees right as if facing the back)
- 1-2      Rock forward on right, rock/step back on left  
3&4      Coaster step-step back on right, step back on left, step forward on right  
5-6      Step left to left side, step right to right side turn 45 degrees right  
7&8      Left sailor shuffle-step left behind right, step right to right side, step left to left side
- 1&2      Right sailor shuffle-step right behind left, step left to left side, step right to right side  
3-4      Step left behind right, unwind  $\frac{3}{4}$  (facing front)-weight on left  
5&6      Side shuffle right (right-left-right)  
7-8      Step forward on left, step right together-weight on right
- &1&2      Step back on left, touch right heel forward, step back on right, step forward on left  
3&4      Step right to right side, step left in place, step right across left  
&5&6      Step back on left, touch right heel forward, step back on right, step forward on left  
7&8      Step right to right side, step left in place, step right across left
- 1-2      Turn  $\frac{1}{4}$  turn left-step forward on left, step right together-weight on right  
3&4      Coaster step-step back on left, step back on right, step forward on left  
5&6-7-8      Side shuffle right (right-left-right), rock back on left, step forward on right
- 1&2-3-4      Side shuffle left (left-right-left), rock back on right, step forward on left

**REPEAT**