

It's All Good

拍数: 64 墙数: 4 级数: Improver
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音乐: It's All Good - Joe Nichols : (CD: It's All Good)



Start on Vocals

CROSS, SIDE, CROSS, SWEEP, CROSS, SIDE, BEHIND, SIDE

- 1-2 Cross right over left, step left to left side
- 3-4 Cross right over left, sweep left from back to front
- 5-6 Cross left over right, step right to right side
- 7-8 Cross left behind right, step right to right side

CROSS ROCK, ¼ TURN, FORWARD ROCK, ½ TURN

- 1-2 Cross rock left over right, recover onto right
- 3-4 Make ¼ turn left stepping forward on left, Hold (9)
- 5-6 Rock forward on right, recover onto left
- 7-8 Make ½ turn right stepping forward on right, Hold (3)

SIDE, HOLD, BEHIND, SIDE, CROSS, HOLD, SIDE ROCK

- 1-2 Step left to left side, Hold
- 3-4 Cross right behind left, step left to left side
- 5-6 Cross right over left, Hold
- 7-8 Rock left to left side, recover on to right

BEHIND, HOLD, ¼ TURN, HOLD, FORWARD ROCK, STEP, TOUCH

- 1-2 Cross left behind right, Hold
- 3-4 Make ¼ turn right stepping forward on right, Hold (6)
- 5-6 Rock forward on left, recover onto right
- 7-8 Step back on left, touch right beside left

SLOW COASTER STEP, BRUSH, LEFT LOCK STEP, BRUSH

- 1-2 Step back on right, step left beside right
- 3-4 Step forward on right, brush left foot forward
- 5-6 Step forward left, lock right behind left
- 7-8 Step left forward, brush right foot forward

MODIFIED TOE STRUTTING JAZZ BOX

- 1-2 Cross right toe over left, drop right heel to floor
- 3-4 Step left toe back, drop left heel to floor
- 5-6 Step right toe back, drop right heel to floor
- 7-8 Step left toe forward, drop left heel to floor (taking weight)

STEP ¼ TURN, HOLD, WEAVE, HOLD

- 1-2 Step forward on right, make ¼ turn left (3)
- 3-4 Cross right over left, Hold
- 5-6 Step left to left side, cross right behind left
- 7-8 Step left to left side, Hold

Ending here on Wall 4 : After Count 7 Arms out pose & smile

CROSS ROCK, SIDE, HOLD X2

- 1-2 Cross rock right over left, recover onto left

3-4	Step right to right side, Hold
5-6	Cross rock left over right, recover onto right
7-8	Step left to left side, Hold
