Good Time (美好時光) (zh)

拍數: 48 **牆數:** 4 **級數:** Beginner

編舞者: Jenny Cain (USA)

音樂: Good Time - Alan Jackson

前奏： Start dancing on lyrics 唱歌起跳

第一段 Toe Struts Forward 前趾踵步

1-4 Step Right Toe Forward, Drop Right Heel, Step Left Toe Forward, Drop Left Heel 右足趾前點, 右足踵踏, 左足趾前點, 左足踵踏

5-8 Repeat 1-4 重覆1-4動作

Option選擇版 Heel Struts踵點踏

第二段 Touches And "Turning Vines" 點 & 轉華倫

1-4 Touch Right To Side, Together, Side, Together
右足右點, 併點, 右點, 併點

5-8 Turn ¼ Right And Step Right Forward, Turn ½ Right And Step Left Back, Turn ¼ Right And Step Right To Side, Touch Left Together
右轉90度右足前踏,右轉180度左足後踏,右轉90度右足右踏,左足併點

第三段 Touches And "Turning Vines" 點 & 轉華倫

1-4 Touch Left To Side, Together, Side, Together
左足左點, 併點, 左點, 併點

5-8 Turn ¼ Left And Step Left Forward, Turn ½ Left And Step Right Back, Turn ¼ Left And Step Left To Side, Touch Right Together
左轉90度左足前踏,左轉180度右足後踏,左轉90度左足左踏,右足併點

第四段 Three Step Hitches Back, Hop Cross ¼ Turn
小三步後抬, 交叉轉1/4

1-2 Hitch Right Knee, Step Right Back 右膝蓋抬, 右足後踏

3-4 Hitch Left Knee, Step Left Back 左膝蓋抬, 左足後踏

5-6 Hitch Right Knee, Step Right Back右膝蓋抬, 右足後踏

7-8 Hop Feet Crossed Right Over Left, Hop With ¼ Turn Left Landing With Feet Apart 右足於左足前交叉踏, 左轉90度雙足分開

第五段 "Tush Push"

1&2 Chasse Forward Right, Left, Right 前追步-右, 左, 右

3-4 Rock Left Forward, Recover To Right左足前下沉, 右足回復

5&6 Chasse Back Left, Right, Left 左足後追步-左, 右, 左

7-8 Rock Right Back, Recover To Left 右足後下沉, 左足回復

第六段 Shimmies

1-4 Step Right To Side (Body Low), Shimmy, Step Left Together (Standing Up), Hold
右足右踏(身體略低),

5-8 Repeat 1-4