

GOOD AND GONE



Chorégraphe : Julie Heinrichs-Heisner (USA) - October 2023

Description : Débutant / 32 comptes / 4 murs / aucun tag, aucun restart

Musique : Everything I Love by Morgan Wallen or Fast Car by Luke Combs

R sway, behind side cross, L sway, behind side cross

- 1-2 Step out with the R and sway hips out to the right
- 3 & 4 Step R behind the L, then step out with the L, Step R in front of the L
- 5-6 Step out with the L and sway hips out to the left
- 7 & 8 Step L behind the R, then step out with the R, Step L in front of the R

R shuffle forward, L shuffle forward, Full turn, R mambo, cross

- 1 & 2 Step fwd R, L, R
- 3 & 4 Step fwd L, R, L
- 5-6 Step R making a full turn turning left, step down L
- 7 & 8 Step right to right, recover weight back to left, cross R over L

L side rock, cross shuffle, R step r, L half turn over, R heel ball change

- 1-2 Rock L to left side, recover weight onto R
- 3 & 4 Step L across R, step R to side, step L across R,
- 5-6 Step R to right, ½ turn back over left, step L down
- 7 & 8 R heel, R ball of foot replace weight and back onto L

R heel ball change, R samba botafogo, L heel grind, coaster step

- 1 & 2 R heel, R ball of foot replace weight and back onto L
- 3 & 4 Cross R over L, step L to left side, replace weight to R
- 5-6L Heel grind ¼ turn left
- 7 & 8 L step back R step to L then L forward

Bonne Danse!