

Good Time

Choreograph: Jenny Cain, Nashville TN

Count's: 40 **Wall:** 4, Beginner

Musikrichtung:

Music/Interpret:

Good Time von Alan Jackson

Flying Heels



Toe, Heel Steps

1,2,3,4 Walk forward R, Walk forward L

5,6,7,8 Walk forward R, Walk forward L

Side Steps

1 R out to R side

2 slide back together with L

3,4 Repeat exactly

Front Grapevine to R with a spin

5 R out to R side

6 Spin to R {full turn & back to original position}

7 R out to R side

8 then together & clap

1-8 ***(REPEAT LAST 8 COUNT EXACTLY, BUT THIS TIME TO THE LEFT. Simply replace the R's with L's above)***

Knee lifts while going backward

1,2 Bring R knee up & down

3,4 Bring L knee up & down

{each knee lift should be at an angle and not straight in front. Also each step down should be placed slightly behind so that you actually are walking backward}

Jump Steps

7,8 Jump in place landing with feet crossed R over L
Jump, quarter turn in air to L, landing with feet apart

Cha Cha's" or "Shuffle Steps

1&2 cha cha forward- R together R

3,4 L lunge forward, rock & recover

5&6 cha cha backward- L together L

7,8 R lunge backward, rock & recover

Shimmy Steps" or "Bounce Steps

1,2 R out to R side {body slightly down}

3,4 Bring L together {standing back up straight}

5,6 R out to R side again {body slightly down}

7,8 Bring L together {standing back up straight}