

# GOODIES

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**Count:** 48                      **Wall:** 4                      **Level:** Intermediate/Advanced level

**Choreographer:** Alice Lim : Dec 2004, Singapore

**Music:** Goodies by Ciara featuring T.I & Jazze Pha

## STEP, TOUCH, JUMP-TOUCH, JUMP-TOUCH, ROLLING VINE, SQUAT-HOLD-JUMP

1 2            Step R to side, Touch L behind

**Arm: @ CT 2 slash L fist dia. down in a curve to R side (as if L hand is holding a knife)**

&3&4        Jump to L side, Touch R behind L, Jump to R side, Touch L behind R

**Arm: Optional - @3 slash R fist dia. down to L side and @4 slash L fist dia. down to R side**

5&6        Rolling Vine to L - 1/4 turn L, 1/2 turn L, 1/4 turn L ending with Ls apart

7            Squat & at same time slap thighs with hands (7),

&            While still squatting, punch both fists down - R fist in front & L fist behind

8            Jump up to close Ls

**Arm: While jumping up, move both fists up as if you are zipping up a jacket both in front & behind**

**(R fist will end in front of upper chest & with R lower arm in horizontal position)**

## SIDE, TOUCH, SIDE, TOUCH, ROLLING VINE, BACK, TOUCH

1 2            Big step to R, Touch L together

3 4            Big step to L, Touch R together

**Arm: @1 swing R arm clockwise 3/4 of a big circle ending with arm by the side**

**@2 Bring L fist to chest level with L lower arm horizontal**

**@3 mirror image of arm movement for ct. 1 (swing anti-clockwise)**

**@4 mirror image of arm movement for ct. 2**

5&6        Rolling vine to R - 1/4 turn R, 1/2 turn R, 1/4 turn R ending with Ls together

7 8        Big step back with LL, Touch R together

**Arm: @7 push both fists fwd as you step back**

### **SIDE, STOMP, SIDE, STOMP, STOMP & STOMP, FWD-TURN-TOGETHER**

**1 2** Big step R to side (1), Stomp L tog. (2)

**Arm: While stepping to R, bring R arm & fist to the front (arm straight & knuckles facing down towards floor)**

**& rotate fist round 2 small circles as if stirring a cup of coffee placed on a low table in front of legs**

**for counts 1& (stir just 1 circle for ct. 1 only if you find 2 circles difficult to co-ordinate)**

**@2 while stepping L tog. return R arm to the side**

**Optional : while moving R arm to side @ count 2, raise L hand with lower arm vertical & palm facing 3.00**

**3 4** Big step L to side, Stomp R tog

**Arm: While stepping to L, slap R hand on R side of R thigh 2X for counts 3&**

**Optional : @4 while stomping RL, raise R hand (R lower arm vertical) so that palm faces 9.00**

**5&6** Stomp R fwd making 1/8 turn R, Raise R, Stomp R fwd again making another 1/8 turn R (3.00)

**Arm: @5&6, with hands apart in front of chest & palms facing each other, glide R hand up-down-up**

**while L hand goes down-up-down (as if you are rubbing yr hands except that palms do not touch each other)**

**7&8** Step L fwd, Pivot 1/2 turn R, L tog. (9.00)

### **FWD, TOGETHER, SIDE, TOGETHER, TOE SWITCHES, KICK-TOGETHER-FWD**

**1 2** Step R fwd, L tog.

**Arm: While stepping R fwd, with lower arms in horizontal position & in front of chest, roll R fist over L fist**

**in 2 small circles for counts 1& (roll 1 circle for ct. 1 only if you find 2 circles difficult to coordinate)**

**@ 2 keeping L lower arm horizontal, raise R arm to vertical position as if showing bicep (muscle)**

**3 4** Big step to R, L tog.

**Arm: @ 3 move R hand over head as if combing hair from L side of head to the back ending behind R ear**

**@ 4 punch L fist out to side**

**5&6&** Twist 1/4R touching R toe fwd, R tog, touch L toe fwd, Step back slightly on L making 1/4R (3.00)

**7&8** Kick R fwd, R tog., Step L fwd

### **HEEL SWITCHES, BUMP-BUMP-TWIST, KICK-TOGETHER-FWD**

**1&2&** Touch R heel fwd, R tog, Touch L heel fwd, L tog

**3&4** Touch R heel fwd, Turn head to look R, Head back to centre

**Arm: @3 click R fingers with R hand in front of chest**

**5&6** Turning 1/4 L bump R hip, bump L hip, Twist 1/4L wt ending on RL (9.00)

**7&8** Kick L fwd, L tog, Step R fwd

### **STEP-HOLD-TWIST, KICK-TURN-STEP X2, HEEL-TOG-DIG**

**1&2** Step L to side (Ls apart), Hold, Twist 1/4R wt ending on RL (12.00)

**Arm: @1 touch L fingers on L shoulder, elbow pointing towards floor**

**(imagine that head & body form a door while L arm forms the handle)**

**@& grab L arm with R hand (as if grabbing handle of door)**

**@3 pull on L arm as you twist 1/4 R (as if opening the door)**

**3&4** Kick L fwd, Step slightly back on L turning 1/2 R, Step R fwd (6.00)

**5&6** Repeat above steps (12.00)

**7&8** Touch L heel fwd, L tog, Dig R heel fwd

**Arm: @8, punch both fists down in front crossing arms at the wrists**

### **PHRASING:**

**12.00: Full dance (48 cts) 32 counts**

**3.00: 32 cts**

**6.00: Full dance 32 cts**

**9.00: Full dance 32 cts**

**After that, 32 cts each for remaining 5 walls**

### **FINISH:**

**After 32 cts at the last wall, you will be facing 3.00. For the extra one count of music, step R to side**

**turning 1/4L to finish facing front.**

**If you are using Track 1, music is shorter by 64 cts. So you will end facing 9.00. To finish facing front,**

**step R to side turning 1/4R for the extra count.**