

So Good For So Long

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Judy Bell - Charters Towers, Queensland, Australia - December 2015 (Version: 1)

Music: "So Good For So Long" by Beccy Cole. CD: Feel This Free (162 bpm) 3.26 mins - iTunes

Begin dance on lyrics "I can walk..."- 32 count Intro - weight on left - CCW - 1 RESTART

[1 - 8] HEEL, TOG, HEEL, TOG, STEP, ¼ TURN - REPEAT

1&2&3, 4 Touch R heel fwd, Step R TOG, Touch L heel fwd, Step L TOG, Step R fwd, Turn ¼ L & take weight L

5&6&7, 8 Touch R heel fwd, Step R TOG, Touch L heel fwd, Step L TOG, Step R fwd, Turn ¼ L & take weight L (6)

[9 - 16] ROCK FWD, REPLACE, ¼ TURN, SIDE SHUFFLE, CROSS SHUFFLE, ¼ TURN, FWD SHUFFLE

1,2, 3&4 Rock R fwd, Replace weight onto L, ¼ Turn right & step R to side, Step L TOG, Step R to side

5&6, 7&8 Step L over R, Step R to side, Step L over R, ¼ Turn right & step R fwd, Step L TOG, Step R fwd (12)

[17 - 24] ROCK FWD, REPLACE, COASTER, ROCK FWD, ¼ TURN, SIDE SHUFFLE

1,2, 3&4 Rock L fwd, Replace weight onto R, Step L back, Step R beside L, Step L fwd

5,6, 7&8 Rock R fwd, Replace weight onto L, ¼ Turn right & step R to side, Step L TOG, Step R to side (3)

[25 - 32] CROSS, ¾ TURN, FWD SHUFFLE, ROCK FWD, REPLACE, COASTER

1,2, 3&4 Cross step L over R, ¼ Turn L & step back on R, ½ Turn L & Step L fwd, step R TOG, step L fwd

5,6, 7&8 Rock R fwd, Replace weight onto L, Step R back, step L beside R, step R fwd (6)

[33 - 40] ACROSS, SIDE, BEHIND & HEEL &, ACROSS, SIDE, BEHIND & HEEL &

1,2, 3&4& Step L across in front of R, Step R to the side, Step L behind R, Step R to the side, Touch L heel fwd, Step L back

5,6, 7&8& Step R across in front of L, Step L to the side, Step R behind L, Step L to the side, Touch R heel fwd, Step R back (6)

[41 - 48] CROSS ROCK, REPLACE, SIDE SHUFFLE, CROSS ROCK, REPLACE, ¼ TURN, FWD SHUFFLE

1,2, 3&4 Step L across in front of R, Replace weight onto R, Step L side, step R TOG, step L side

5,6, 7&8 Step R across in front of L, Replace weight onto L, ¼ Turn right & Step R fwd, step L TOG, Step R fwd (9)

●(Restart wall 2 add step L TOG)

[49 - 56] ROCK FWD, REPLACE, COASTER, ROCK FWD, ¼ TURN, SIDE SHUFFLE

1,2, 3&4 Rock L fwd, Replace weight onto R, Step L back, Step R beside L, Step L fwd

5,6, 7&8 Rock R fwd, Replace weight onto L, ¼ Turn right & step R to side, Step L TOG, Step R to side (12)

[57 - 64] CROSS, ¾ TURN, FWD SHUFFLE, ROCK FWD, REPLACE, ¼ TURN, SIDE SHUFFLE, TOG

1, 2, 3&4 Cross step L over R, ¼ Turn L & step back on R, ½ Turn L & step L fwd, Step R TOG, Step L fwd

◆ (Step R fwd, strike a pose, hands out to each side and smile!)

5,6, 7&8& Rock R fwd, Replace weight onto L, ¼ Turn right & step R to side, Step L TOG, Step R to Side, Step L TOG (6)

[64] BEGIN DANCE IN NEW DIRECTION

Restart: ● Wall 2, Dance to count 48 and ADD Step L TOG restart facing side wall (3)

Finish: ◆ Wall 6, dance to count 60, Step R fwd, strike a pose, hands out to each side and smile! finish facing (12)

Dance On!!

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