

Good For My Soul

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Count: 48

Wall: 4

Level: Intermediate

Choreographer: Marie Claude Gil (France) June 2018

Music: Good For My Soul by Tyminski

Intro 16 Counts - 1 Restart: Wall 3 (facing 6.00)

SECTION 1: TRIPLE STEP FORWARD RIGHT AND LEFT, JAZZ BOX

1&2 Step forward right, Step left next to right, Step forward right

3&4 Step forward left, Step right next to left, Step forward left

5-6 Cross right over left, step left back

7-8 Step right side, Step left forward

SECTION 2: ½ TURN TRIPLE STEP LEFT, ROCK BACK, ½ TURN TRIPLE STEP RIGHT, ROCK BACK

&1&2¼ turn left, step right side, step left next to RF, ¼ turn left RF back (6.00)

3-4 Rock back left, Recover weight on the right

&5&6¼ turn right, step left side, step right next to LF, ¼ turn right LF back (12.00)

7-8 Rock back right, Recover weight on the left

RESTART HERE : AFTER 16 COUNTS WALL 3 (facing 6.00)

SECTION 3: KICK BALL CROSS (X2), SIDE ROCK BEHIND SIDE CROSS

1&2 Right kick, ball right, cross left before right

3&4 Right kick, ball right, cross left before right

5-6 Rock right to right side, Recover weight onto left

7&8 Cross R behind L, Step L side L, Cross R over left

SECTION 4: SIDE TRIPLE STEP LEFT, ¼ TURN RIGHT SIDE TRIPLE STEP, ¼ TURN LEFT SIDE TRIPLE STEP, ROCK BACK

1&2 Side step left, step right next to left, side step left

&3&4¼ Turn right, Side step right, step left next to right, side step right

&5&6¼ Turn left, Side step left, step right next to left, side step left

7-8 Rock back right, Recover weight on the left

SECTION 5: HEEL STRUT, ¼ TURN RIGHT, TOE STRUT, SAILOR STEP RIGHT AND LEFT

1-2 Step right heel forward, right toe down

&3-4¼ Turn right, left toe forward, left heel down

5&6 Step R behind L, Step L to L side, Step R to R side

7&8 Step L behind R, Step R to R side, Step L to L side

SECTION 6: STEP ½ TURN, TRIPLE STEP FORWARD, ROCK STEP FORWARD, COASTER STEP

1-2 Step right forward, ½ turn on the left

3&4 Step forward right, Step left next to right, Step forward right

5-6 Rock forward left, Replace weight on the right

7&8 Step left back, step right beside left, step left forward

HAVE FUN!!!

Contact : mcgil@free.fr - Blog : dancewithme-country.fr