

# A GOOD THING

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**Count:** 64

**Wall:** 2

**Level:** intermediate

**Choreographer:** Ian St. Leon

**Music:** Real Good Thing by Tanya Self

**ROCK RIGHT, ROCK LEFT, ½ TURN RIGHT - SIDE SHUFFLE RIGHT (RIGHT, LEFT, RIGHT), ½ TURN LEFT - SIDE SHUFFLE LEFT (LEFT, RIGHT, LEFT), CROSS RIGHT OVER LEFT, BACK LEFT**

**1-2-3&4** Rock right, rock left, ½ turn right - side shuffle right (right, left, right)

**5&6-7-8½** turn left - side shuffle left (left, right, left), cross right over left, back on left

**SPIN full turn TO RIGHT, WEIGHT ON LEFT, BOX STEP WITH ¼ TURN RIGHT**

**1-2-3-4** Spin full turn to right (right, left, right), stomp left together weight on left

**5-6-7-8** Box step - right over left, back on left, turn ¼ right - forward right, left together

**HITCH RIGHT - SHUFFLE BACK RIGHT, HITCH LEFT - SHUFFLE BACK LEFT, HITCH RIGHT - SHUFFLE BACK RIGHT, HITCH LEFT - SHUFFLE BACK LEFT**

**&1&2&3&4** Hitch right knee & shuffle back right at 45 degrees right, hitch left knee & shuffle back left at 45 degrees

**&5&6&7&8** Hitch right knee & shuffle back right at 45 degrees right, hitch left knee & shuffle back left at 45 degrees

**WALK FORWARD (RIGHT, LEFT, RIGHT, LEFT) TWISTING OPTIONAL, STEP FORWARD RIGHT, PIVOT, ROCK RIGHT FORWARD, ROCK LEFT BACK**

**1-2-3-4** Walk forward (right, left, right, left)

**Option step with toes out, then twist heel out as you step the next foot forward with toes twisted out**

**5-6-7-8** Step forward on right, pivot ¼ left, rock forward on right, back on left

**BACK RIGHT & LEFT HEEL, BACK ON LEFT, RIGHT FORWARD, PIVOT ½, FORWARD RIGHT LEFT HEEL, BACK LEFT & RIGHT HEEL, BACK RIGHT & LEFT FORWARD, PIVOT ½**

**&1&2-3-4** Back right & left heel, back on left & step forward on right, pivot ½ left, forward right

**5&6&7-8** Left heel, back left & right heel, back right & step forward left, pivot ½ turn right

**ROCK LEFT, ROCK RIGHT, BEHIND, SIDE - ¼ RIGHT, FORWARD LEFT FORWARD RIGHT, PIVOT ½ LEFT, RIGHT FORWARD, ½ TURN RIGHT - BACK LEFT**

**1-2-3&4** Rock to left, rock to right, step left behind right, turn ¼ right - step right forward, step forward left

**5-6-7-8** Step forward right, pivot ½ left, right forward, turn ½ right - back on left

**½ TURN RIGHT - FORWARD RIGHT, BACK LEFT, RIGHT TOE DROP BACK & CLICK, LEFT TOE DROP BACK & CLICK, RIGHT TOE DROP BACK & CLICK**

**1-2-3-4½ turn right - forward on right, back left, right toe drop back & click**

**5-6-7-8** Left toe drop back & click, right toe drop back & click

**LEFT LOCKSTEP FORWARD, SCUFF RIGHT, RIGHT LOCKSTEP, ¼ TURN, TOGETHER.**

**1-2-3-4** Left lockstep forward, scuff right

**5-6-7-8** Right lockstep forward, turn ¼ right - stomp left together (take weight)

**REPEAT**

**RESTARTS**

**On wall 2 you complete the first 35 beats, then for step 36 touch right together no weight, and start dance again from beginning.**

**Then on wall 4, you dance the first 56 beats then add (left lockstep, turn ¼ left, touch right together), and start the dance from beginning again.**