

# Good for You

LINEDANCE.COM

**Count:** 32                      **Wall:** 4                      **Level:** Upper Beginner

**Choreographer:** Liz Gardiner (AUS) February 2017. Version 1

**Music:** Good for You by Jason Owen. Album: Proud (2:39 mins) BPM (106)

**Starts on vocals, weight on left.**

**Direction: CW**

**S1:, FWD, 1/4 L PIVOT, FWD, 1/4 L PIVOT, WALK, WALK, SHUFFLE**

**1,2,3,4** Step R forward, 1/4 pivot L, Step R forward, 1/4 pivot L,

**5,6,7&8** Walk R, Walk L, Shuffle RLR (6:00)

**S2:, ROCK, RECOVER, 1/2 L SHUFFLE, HEEL & HEEL & CROSS, HEEL JACK**

**1,2,3&4** Rock L forward, Recover R, Turn 1/2 L shuffling LRL (12.00)

**5&6,** Touch R heel forward at 45°, Step R together, Touch L heel forward at 45°,

**&, 7, &, 8** Step L together, Cross R over L, Step L to L side, Touch R heel forward at 45°

**S3:, 1/4 L TWIST, 1/2 R TWIST, SHUFFLE, FWD, 1/4 L PIVOT, FWD, 1/4 L PIVOT**

**&1,2,3,4** Drop R toes down taking weight, Twist 1/4 L(wgt L), Twist 1/2 R (wgt R), Shuffle LRL (3.00)

**5,6,7,8** Step R forward, 1/4 pivot L, Step R forward, 1/4 pivot L, (9:00)

**S4:, WALK, WALK, STEP, TOG, TOG, BACK, 1/2 R STEPPING FWD, FWD, STOMP, STOMP  
#**

**1,2,3&4** Walk R, Walk L, Step R forward, Step L beside R, Step R beside L (9.00)

**5,6, 7&8** Step L back. Turn 1/2 R stepping R forward, Step L forward, Stomp R beside L, Stomp L beside R (3:00)

**# Tags are at the end of Wall 3 and 5. Add the first 4 counts of the dance.**

**1,2,3,4FWD 1/4 L PIVOT, FWD, 1/4 L PIVOT**

**The dance finishes on wall 7. Dance to count 24 and add - Step R forward, Sharp 1/2 L pivot to the front (12.00)**

**Enjoy!**

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**[www.southerncrosslinedance.com](http://www.southerncrosslinedance.com)**

**Latest Update - 25thth February 2017**

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