

Official WCDF competition dance description 2009

Good To Be Us

Darren Bailey & Lana Williams

Type : 32 Count, 2 Wall East Coast Swing
Level : Newcomer
Music : "It's Good To Be Us" by Bucky Covington (BPM 136) WCDF edit

SIDE SHUFFLE, ROCK, RECOVER,

¼ TURN SIDE SHUFFLE,

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1 RF step side right
& LF step next to RF
2 RF step side right
3 LF rock back
4 RF recover
5 LF ¼ turn right step side left
& RF step next to LF
6 LF step side left
7 RF ¼ turn right step side right
& LF step next to RF
8 RF step side right (6.00)

TOUCH, STEP, TOUCH, STEP,

KICK & KICK & ROCK, RECOVER

9 LF touch toe diagonally forward
right
10 LF step side left
11 RF touch toe diagonally forward left
12 RF step side right
13 LF kick diagonally forward right
& LF step side left
14 RF kick diagonally forward left
& RF step side right
15 LF rock forward
16 RF recover

SHUFFLE BACK, ROCK, RECOVER,

SHUFFLE FORWARD, ¼ TURN STEP,

½ TURN STEP

17 LF step back
& RF step next to LF
18 LF step back
19 RF rock back
20 LF recover
21 RF step forward
& LF step next to RF
22 RF step forward
23 LF ¼ turn right step side left
24 RF ½ turn right step side right (3.00)

CROSS ROCK, RECOVER,

SIDE SHUFFLE ¼ TURN, STEP,

½ TURN, KICK BALL CHANGE

25 LF cross rock in front of RF
26 RF recover
27 LF step side left
& RF step next to LF
28 LF ¼ turn left step forward
29 RF step forward
30 LF ½ turn left (6:00)
31 RF kick forward
& RF step slightly back
32 LF step in place