

Good and Sweet

Choreographer: Norman Gifford

Level: Absolute Beginner

Counts: 32

Type Dance: 4 Wall

Intro: 16 Counts

Music: Sugar and Pai – by The Boots Band



www.country-stafke.be

(Chassè right, touch, chassè left with ¼ turn left, brush)

1-4 Right step side left together; right step side, left touch by right

5-8 Left step side; right together, left step side turning ¼ left, right brush (9:00)

(Toe-heel struts forward; rocking-chair)

1-2 Right toe touch forward; drop heel taking weight

3-4 Left toe touch forward; drop heel taking weight

5-8 Right rock forward; left replace; right rock back; left replace

(K-step)

1-2 Right step forward diagonal; left touch together

3-4 Left step back center; right touch together

5-6 Right step back diagonal; left touch together

7-8 Left step forward center; right touch together

(Mambo-step forward, hold, mambo-step side, hold)

1-4 Right rock forward; left replace; right together; hold

5-8 Left rock side; right replace; left together; hold

Start Again

**ENDING: On counts 5-8 of last wall (you will be facing 6:00),
replace the mambo-step with:**

(Chase-turn ½ left, hold and pose)

5-8 Right step forward; pivot turn ½ left; right step forward; "pose"

Contact: Norman Gifford at: nlgifford@yahoo.com

www.country-stafke.be