

This Is Good

Johanna Barnes

Choreographer: Johanna Barnes

Description: 32-count phrased intermediate line dance.

Restarts on wall 2 after 24 counts, wall 4 after 16 counts and wall 6 after 24 counts.**

Music: This Is Good by Ricky Martin

Style: Cuban Motion

Note: Clock notation on the *left* dictates direction you are *facing* for the start/end of the movement.

Clock notation to the *right* of the step description notates the *direction* of the actual movement.

SIDE STEP, WEIGHT CHANGES

WITH CUBAN MOTION x2

12:00 1 1 R step to R side (3:00)
2 2 Hold
3 3 Hold, and slightly drag L to R
4 4 L step next to R with Cuban motion
& & R step in place with Cuban motion
5 5 L step to L side (9:00)
6 6 Hold
7 7 Hold, and slightly drag R to L
8 8 R step next to L with Cuban motion
12:00 & & L step in place with Cuban motion

R SIDE STEP, ¼ HITCH R, L TRIPLE FORWARD, R ROCK, WEAVE, TOGETHER W/ BODY ROLL

12:00 1 9 R step to R side (3:00)
2 10 ¼ turn R, while hitching L knee (3:00)
3:00 3 11 L step forward
& & R step slightly behind L (3rd position)
4 12 L step forward
5 13 R step across L
& & L recover weight back
6 14 R step to R side (6:00)
& & L step across R, slightly angle to 4:00
7 15 R step next to L, knees slightly bent
& & Push hips forward
3:00* 8 16 while straightening legs,
pulse shoulders forward

*Note: “& 8” is a small pulsing body roll, beginning down and rolling with a pulse, up. You will be slightly facing 4:00.

**Phrase Pattern Note: Wall 1 begins facing 12:00. Wall 2 begins facing 12:00 and restarts after 24 counts, facing 6:00. Wall 3 begins facing 6:00. Wall 4 begins facing 6:00 and restarts after 16 counts, facing 9:00. Wall 5 begins facing 9:00. Wall 6 begins facing 9:00 and restarts after 24 counts, facing 3:00. Wall 7, and each wall after, begins facing 3:00. Have no fear! This makes more sense on the floor than on paper!

R ROCK-RECOVER, ¼ R, WEAVE,

R-L HIP PULSES, HIP CIRCLE

3:00* 1 17 R step forward with slight cross (4:00)
2 18 L recover weight back (9:00)
3 19 R step ¼ R (9:00)
6:00 & & L step across R
4 20 R step to R side (9:00)
5 21 Rotate R hip from front to back, pulse
6 22 Rotate L hip from front to back, pulse
7- 23 Begin rotating hips counter clockwise-
from L,
6:00 -8 24 finish hip circle, with weight on L

CROSS CHECKS x2, R STEP,

L ¼ PADDLE TURN R x2, STEP TOGETHER

6:00 1 25 R rock forward and across L
& & L recover weight
2 26 R step to R side (9:00)
3 27 L rock forward and across R
& & R recover weight
4 28 L step to L side (3:00)
5 29 R step forward (6:00)
9:00 6 30 L touch ¼ R (6:00)
12:00 7 31 L touch ¼ R (9:00)
12:00 8 32 L step next to R

START AGAIN & DANCE What You Feel!