

Good Intentions

32 Count, 2 Wall, Improver

Choreographer: Liz Canada (May 2009)

Choreographed to: 4 Minutes by Madonna featuring
Justin Timberlake

Start dancing after 32 counts

RIGHT SUGAR FOOT, LEFT SUGAR FOOT, KICK BALL CROSS AND CROSS, STEP OUT

- 1&2 Touch right toe together, touch right heel to side, cross right over left
3&4 Touch left toe together, touch left heel to side, cross left over right
5&6 Kick right forward, step right together, cross left over right
&7-8 Step right to side, cross left over right, step right to side

RIGHT BODY ROLL WITH A TURN ¼ LEFT, RIGHT TRIPLE STEP, LEFT KICK, KICK, TRIPLE ½ LEFT

- 1-2 Hold (body roll from right to left)
3&4 Turn ¼ left and chassé side right, left, right
5-6 Kick left forward, kick left to side
7&8 Triple in place turning ½ left stepping left, right, left

KICK OUT, OUT, SHIMMY FORWARD, BACK, RIGHT KICK, KICK, AND TRIPLE ½ RIGHT

- 1&2 Kick right forward, step right to side (out), step left to side (out)
3-4 Hold (shimmy with shoulders forward and back)
5-6 Kick right forward, kick right to side
7&8 Triple in place turning ½ right stepping right, left, right

VINE LEFT, RIGHT, LEFT, TURN ½ LEFT, RIGHT TRIPLE OVER, STEP LEFT, PULL RIGHT, TOUCH WITH RIGHT

- 1-2&3-4 Step left to side, cross right behind left, step left to side, cross right over left, turn ½ left (weight to left)
5&6 Crossing chassé right, left, right
&7-8 Step left to side, slide/touch right together over 2 counts

Music download available from iTunes
