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Good For You

32 Count, 4 Wall, Beginner

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

Choreographed to: Good for You by Jason Owen.

Album: Proud 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.

1,2,3,4 Fwd 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!