Good Lovin'

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Music: S.T.A.R. 520 Available: Palomino Records or choreographer
From Passion 2 DLD 1061, track 9. (55 seconds deleted at 2:03) 2:23 @ 50 BPM

Footwork: Opposite (Woman's footwork in parentheses) 2:39 @ 45 BPM
Slow for teaching / comfort

Rhythm & Phase: **Salsa** Unphased [Approx. Ph. V]

Timing: QQS unless noted. Timing noted in margins are weight changes only.

Sequence: **Intro A B C A B C D D [1-16] Ending**

MEAS:

INTRO

1-8 **LOP-FCG WALL WAIT 2 ; ; DOUBLE STEP L & R ; ; TRNG SINGLE TAPS FC ; ; ; ;**

1-2 LOP-FCG M fcg WALL lead foot free no hands jnd wait 2 ;;

3-4 [**DOUBLE STEP L & R**] Sd L, cl R, sd L, tap R toe to floor ; sd R, cl L, sd R, tap L toe to floor ;

5-8 [**TRNG SINGLE TAPS**] Sd L trng 1/8 LF (*1/8 RF*), tch R to L, sd R trng 1/8 LF to fc LOD, tch L to R; sd L trng 1/8 LF, tch R to L, sd R trng 1/8 LF to fc COH (*WALL*), tch L to R ; sd L trng 1/8 LF, tch R to L, sd R trng 1/8 LF to fc RLOD, tch L to R ; sd L trng 1/8 LF, tch R to L, sd R trng 1/8 LF to fc WALL, tch L to R end fcg ptr no hands jnd M fcg WALL ;

PART A

1-8 **X BODY LEAD TO FC LOD JOIN RT HNDS & TAP ; ; SOMBRERO ; ; ; ;**
X BODY TO FC WALL ; ;

1-2 [**X BODY LEAD TO R HND SHAKE FCG LOD & TAP**] No hnds jnd fcg ptr & WALL fwd L joining lead hnds, rec R, sd L trng 1/4 LF to fc LOD,- (*bk R, rec L, fwd R to fc COH in L pos,-*) ; slip bk R, rec L, cl R chng W's R hand to M's R hnd, tap L toe fwd (*fwd L, fwd R trng ½ LF, fwd L trng 1/4 LF, tap R fwd*) fc LOD R-R hands joined ;

3-4 [**SOMBRERO**] Bk L leading W to step fwd into RF trn under jnd R-R hnds, xRif, cl L jng L hnds low,- (*making tight RF circle under jnd R-R hnds fwd R, fwd L, fwd R to fc LOD in front of M,-*) ; bk R lowering jnd R-R hnds & raising jnd L-L hands leading W to trn under jnd L-L hnds, fwd L taking jnd L-L hands over M's head & release handhold, cl R taking jnd R-R hnds over W's head & release handhold,- (*making tight RF circle fwd L trng under jnd L-L hnds, fwd R, fwd L end w/W's L arm under M's R arm,-*) end in HALF-OP DLW ;

5-6 Fwd L w/ slight RF rotation, rec R, cl L trng LF fc LOD join lead hnds,- (*bk R taking R arm down behnd M's back fwd CCW motion up and over M's R arm, fwd L, fwd Rfc COH in L pos,-*) ; slip bk R, rec L, fwd R, - (*fwd L, fwd R trng 1/2 LF, bk L,-*) end CP COH ;

7-8 [**X BODY**] Fwd L, rec R, sd L to WALL trng 1/4 to fc RLOD,- (*bk R, fwd L, fwd R to L pos fcg WALL,-*) ; slip bk R, rec L, fwd R, - (*fwd L, fwd R trng 1/2 LF, bk L,-*) end CP WALL ;

9-16 **SOCIAL STEP ; ; ; ; ; ; BK BREAK L & R ; ;**

9-10 [**SOCIAL STEP**] CP WALL fwd L, rec R, bk L trng LF 1/4 to fc LOD bringing jnd lead hands up trng W 1/4 LF,- (*bk R, fwd L, fwd R trng LF to fc M,-*) ; slip bk R trng LF letting W's L hand slide down M's R arm, fwd L cont trn to fc COH, cl R connect trailing hands,- (*fwd L trng LF, fwd R trng LF to WRAP, fwd L,-*) end in WRAP COH ;

11-12 Rk fwd L raise lead hands, rec R, bk L,- (*fwd R, rec L trng RF, fwd R trng RF to fc ptr,-*) ; bk R, rec L, cl R bringing jnd lead hands down between ptr,- (*trng RF full turn to fc M over 3 steps sm fwd L, fwd R, fwd L,-*) end Hammerlock M fcg COH ;

13-14 Rk apt L raise jnd lead hands, rec R trng RF, cl L cont RF trn release jnd trail hands fc DLW,- (*rk apt R, fwd L trng LF, fwd R cont LF trn,-*) ; bk R, rec L, fwd R,- (*cont LF trn over 3 steps fwd L, fwd R, fwd L total turn 1 ½ revolutions,-*) end low BFLY WALL ;

15-16 [**BK BREAK L & R**] XLib (*xRib*), rec R, sd L,- ; xRib (*xLib*), rec L, sd R,- end BFLY WALL ;

PART B

1-8 **MAN'S FANS ; ; ; ; CUMBIA TO ; UNDERARM TRN ; FWD BASIC ; SIT & SHOULDER POPS ;**

QQS 1-4 [**MAN'S FANS**] BFLY WALL sd L leading W to step bk, rec R, XLIF, fan R ft CCW (*swiveling 1/8*
- - S (*QQS*) *RF bk R, rec L trng LF, sd R,-*) ; cont fan,-, thru R, fan L ft CW (*swiveling LF bk L, rec R trng RF,*
- - S (*QQS*) *sd L,-*) ; cont fan,-, thru L, fan R ft CCW (*repeat meas 1 part B*) ; cont fan,-, thru R,- (*repeat meas*
- - S (*QQS*) *2, Part B*) end BFLY WALL ;

5-6 [**CUMBIA TO UNDERARM TRN**] Sd L, thru R (*thru L*), sd L,-; xRib raising jnd lead hnds, rec L, sd R,- (*fwd L trng RF, fwd R cont RF trn, fwd L trng to fc ptr,-*) end LOP-FCG WALL;

7 [**FWD BASIC**] Fwd L, rec R, bk L,-;

Q- - - 8 [**SIT & SHOULDER POPS**] Bk R (*bk L*) lowering into R knee,-, wiggle shoulders,- end M fcg ptr & WALL no hnds jnd ;

PART C

1-10 **X BODY ; ; SHE GOES ; ; HE GOES ; SHE GOES ; BEHIND BK ; SHE GOES ; X BODY ; ;**

1-2 [**CROSS BODY**] No hnds fcg ptr & WALL join lead hands fwd L, rec R trng 1/4 LF, sd L twd COH,- (*bk R, fwd L, fwd R,-*) end in L pos ; slip R ft bk trng 1/4 LF, rec L twd COH, sd R,- (*fwd L trng LF, fwd & sd R, sd L,-*) end CP COH ;

3-4 [**SHE GOES**] Fwd L, rec R, bk L,- (*bk R, rec L, fwd R toe out,-*) ; bk R raising jnd lead hnds, rec L, fwd R,- (*fwd L trng RF, fwd R trng RF to fc ptr, bk L,-*) ;

5 [**HE GOES**] Placing L palm up fwd L trng RF under L hand, fwd R cont RF turn to fc ptr, bk L,- (*bk R, rec L, fwd R,-*) ;

6 [**SHE GOES**] Repeat meas 4, Part C ;

7 [**BEHIND BACK**] Lowering jnd lead hnds fwd L trng RF & putting W's R hnd in M's R hnd, fwd R cont RF trn, sd L,- (*bk R, rec L, fwd R,-*) end L pos M fcg RLOD ;

8 [**SHE GOES**] Raising jnd R hnds bk R trng to fc COH, rec L, fwd R putting W's R hnd into M's L hnd,- (*fwd L trng RF under jnd R-R hnds, fwd R trng RF to fc ptr, bk L,-*) ;

9-10 [**CROSS BODY**] Repeat meas 1-2 Part C to R-R HANDS JOINED WALL ; ;

Repeat Part A ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ;

Repeat Part B ; ; ; ; ; ; ; ;

Repeat Part C ; ; ; ; ; ; ; ; ; ;

PART D

1-8 **X BODY LEAD TO LOP LOD & TAP ; ; VACILALA ; ; ; ; X BODY TO FC WALL ; ;**

1-2 [**X BODY LEAD TO LOP**] R-R HANDS JOINED WALL fwd L, rec R, sd L trng 1/4 to fc LOD chng W's R hnd to M's L hnd,- (*bk R, rec L, fwd R in L pos,-*); slip bk R, rec L releasing CP, cl R, tap L toe fwd (*fwd L, fwd R trng LF, fwd L trng LF, tap R fwd*) to LOP LOD ;

3-4 [**VACILALA**] Bk L leading W to step fwd into RF trn release hand hold, xRif, cl L,- (*making tight RF circle to fc LOD fwd R, fwd L, fwd R,-*) ; bk R, fwd L, cl R,- (*making tight RF circle fwd L, fwd R, fwd L,- total turn is 2 revolutions*) end in HALF-OP DLW ;

5-6 Fwd L w/ slight RF rotation join lead hnds, rec R, cl L trng LF 1/4,- (*bk R, fwd L, fwd R,- fc COH in L pos,-*) ; slip bk R, rec L, fwd R,- (*fwd L, fwd R trng 1/2 LF, bk L,-*) end CP COH ;

7-8 [**X BODY**] Repeat Meas. 7-8 Part A to LOP-FCG WALL ;;

PART D (continued)

9-16 **CATCH THE BACK w/ X BODY ENDG ; ; ; ; ; ; CUMBIA TO ; UNDERARM TRN ;**

9-10 [**CATCH THE BACK w/ X BODY ENDG**] LOP-FCG WALL bk L, rec R raising jnd lead hnds, sd & fwd L trng 1/4 RF fc RLOD catching W's back w/R hnd,- (*bk R, rec L, fwd R trng LF ½ under jnd lead hnds*,-) ; bk R, rec L rasing jnd lead hands, bk R trng 1/4 LF,- (*bk L, fwd R, fwd L trng ½ RF under jnd lead hnds,-*) end LOP-FCG WALL ;

11-12 Bk L, rec R raising jnd lead hnds, fwd L trng ½ RF,- (*bk R, rec L, fwd R trng ½ LF under jnd lead hnds,-*) ; bk R, rec L, fwd R,- (*bk L, rec R, fwd L,-*) to CP fc COH ;

13-4 Repeat meas 7-8, Part A ;;

15-16 [**CUMBIA TO UNDERARM TURN**] Repeat Meas 5-6 Part B ;;

17-18 **FWD BASIC ; SIT & SHOULDER POPS ;**

17-18 [**FWD BASIC SIT & SHOULDER POPS**] Repeat Meas 7-8 Part B ;;

Repeat Part D, meas 1-16 ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ;

ENDING

1-8 **TRNG SINGLE TAPS TO FC ; ; ; ; DOUBLE STEP TWICE ; ; ; ;**

1-4 Repeat meas 5-8, Introduction ;;

5-6 Repeat meas 3-4, Introduction ;;

7-8 Repeat meas 3-4, Introduction to CP WALL ;;;;

9 **BK TO LEG CRAWL ;**

9 CP WALL bk L (*fwd R*), rotate body LF extending R leg twd WALL (bring L knee up M's leg),-,-;