

Good To Go

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MUSIC: "Good To Go" Good to Go by LÖNIS & Daphne Willis
SOURCE: Itunes or Amazon download
RHYTHM: TWO STEP
PHASE (+): II

PHONE: +81-90-8079-6201

TOTAL TIME: 2:46

DIFFICULTY: Average

SPEED: 90% (the length will be 3:04 at this speed)

FOOTWORK: Opposite unless indicated (*W: Woman's footwork in italics*)

SEQUENCE: Intro A B A B C A(1-12) mod B Ending

INTRODUCTION

1 - 8 WAIT 4 MEASURES;;; STRUT WALK 2; FORWARD TWO STEP; STRUT WALK 2; FORWARD TWO STEP;

1 - 4 OP pos fc LOD wait 4 meas;;;;

5 - 8 {strut wlk 2} fwd L, -, fwd R, -; {fwd two-stp} fwd L, cl R, fwd L, -;
{strut wlk 2} fwd R, -, fwd L, -; {fwd two-stp} fwd R, cl L, fwd R, -;

9 - 16 CIRCLE AWAY 2 TWO STEPS;; STRUT TOGETHER 4;; SLOW VINE 2; FACE TO FACE; SLOW VINE 2; BACK TO BACK;

9 - 10 {circ awy 2 two stps} curves LF twd COH fwd L, cl R, fwd L, - (*W curves RF twd Wall fwd R, cl L, fwd R, -*);
cont twd COH fwd R, cl L, fwd R, - (*W cont twd Wall fwd L, cl R, fwd L, -*) to fcg ptr;

11-12 {strut tog 4} fwd L, -, fwd R, -; fwd L, -, fwd R, - to Bfly Wall;

13-14 {slow vin 2; fc to fc} sd L, -, XRib, -; sd L, cl R, sd L trng 1/2 LF to Back to Back pos, -;

15-16 {slow vin 2; bk to bk} sd R, -, XLib, -; sd R, cl L, sd R trng 1/2 RF to Bfly, -;

Part A

1 - 8 LACE ACROSS; FORWARD TWO STEP; HITCH 6;; LACE BACK; FORWARD TWO STEP (BFLY/WALL); QUICK VINE 8; (SCP/LOD);

1 - 2 {lc acrs} passing bhd W w/lld hnd jnd mvg diag acrs LOD fwd L, cl R, fwd L, - (*W passing in frt of M undr jnd ld hnds & mvg diag acrs LOD fwd R, cl L, fwd R, -*) to LOP LOD;
{fwd two stp} fwd R, cl L, fwd R, -;

3 - 4 {hitch 6} fwd L, cl R, bk L, -; bk R, cl L, fwd R, -;

5 - 6 {lc bk} passing bhd W w/trail hnd jnd mvg diag acrs LOD fwd L, cl R, fwd L, - (*W passing in frt of M undr jnd trail hnds & mvg diag acrs LOD fwd R, cl L, fwd R, -*) to OP LOD;
{fwd two stp} fwd R, cl L, fwd R, - to Bfly Wall;

7 - 8 {Q vin 8} sd L, XRib, sd L, XRif; sd L, XRib, sd L, XRif to SCP;

9 - 16 2 FORWARD TWO STEPS;; HITCH 4; WALK 2; CIRCLE AWAY & TOGETHER; (to BFLY WALL); QUICK VINE 4; WALK & PICK UP;

9 - 10 {2 fwd two-stps} fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;

11-12 {htch 4} fwd L, cl R, bk L, cl R; {wlk 2} fwd L, -, fwd R, -;

13-14 {circ awy & tog} separating frm ptr and mvg awy in a circular pattern fwd L, cl R, fwd L, -; cont circular pattern twd ptr fwd R, cl L, fwd R to Bfly Wall, -;

15-16 {Q vin 4} sd L, XRib, sd L, XRif;

{wlk & pkup} fwd L, -, fwd R, - to CP LOD (*W fwd R, -, fwd L stp in frnt of M trng LF to CP, -*);

Part B

1 - 8 PROGRESSIVE SCISSORS 2X;; HITCH 3; HITCH/SCISSORS (CP/WALL); 2 TURNING TWO STEPS; (fc WALL); SLOW TWISTY VINE 4; (NO HANDS);

1 - 2 {prog scis 2X} sd L, with slight R bdy rotation cl R, XLif, -; sd R, with slight L bdy rotation cl L, XRif to BJO, -;

3 - 4 {hitch 3} fwd L, cl R, bk L, -; {hitch/scis} bk R, cl L, fwd R, - to CP Wall (*W sd L, cl R, XLif, -*);

5 - 8 {2 trng two-stps} sd L, cl R comm RF trn, sd & bk L comp 1/2 RF trn, -; sd R, cl L comm RF trn, fwd R comp 1/2 RF trn, - fc Wall; {S twsty vin 4} sd L, -, XRib, -; sd L, -, XRif, - (*W sd R, -, XLif, -; sd R, -, XLib, -*) fcg no hnds;

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9 - 16 SOLO L TURNING BOX;;; TRAVELING DOOR 2X;;;

- 9 - 12 {solo L trng box} sd L, cl R, fwd L trn 1/4 LF, - [ptrs are now R shld to R shld]; sd R, cl L, bk R trn 1/4 LF, - [ptrs are now bk to bk]; sd L, cl R, fwd L trn 1/4 LF, - [ptrs are now L shld to L shld]; sd R, cl L, bk R trng 1/4 LF, - [ptrs are now fcg] (W sd R, cl L, bk R trn 1/4 LF, - ; sd L, cl R, fwd L trn 1/4 LF, - ; sd R, cl L, bk R trn 1/4 LF, - ; sd L, cl R, fwd L trn 1/4 LF, -) to Bfly Wall;
- 13-16 {trav dr 2X} sd L, -, rec R, -; XLif, sd R, XLif, -; sd R, -, rec L, -; XRif, sd L, XRif, -;

REPEAT Part A

REPEAT Part B

Part C

1 - 8 (CP)BROKEN BOX;;; TWIRL VINE 2; WALK 2; SLOW OPEN VINE 4;;

- 1 - 4 {brkn box} sd L, cl R, fwd L, -; rk fwd R, -, rec L, -; sd R, cl L, bk R, -; rk bk L, -, rec R, -;
- 5 - 6 {twrl vin 2} rel trail hnd M's L and W's R hnd jnd sd & fwd L to fc LOD, - , XRib, - (W sd & fwd R trng 1/2 RF undr jnd hnds, -, sd & bk L trng 1/2 RF, -; {wlk 2} fwd L, -; fwd R, - to Bfly Wall;
- 7 - 8 {op vin 4 } sd L, -, XRib (W XLif) to LOP RLOD, - ; trng to fc sd L, -, XRif, - to Bfly (W XLif);

1 - 11 Part A(1-12)Mod

- 1-11 Repeat from meas 1 to 11 of Part A

12 WALK & PICK UP:

REPEAT Part B

ENDING

1 - 8 CIRCLE AWAY 2 TWO STEPS;; STRUT TOGETHER 4;; CIRCLE BOX;; SIDE CLOSE APART & POINT;;

- 1 - 4 Repeat from meas 9 to 12 of Intro
- 5 - 6 {circ box} rel trail hnd sd L, cl R, fwd L, -; sd R, cl L, bk R, - to Bfly Wall(W mvg awy frm ptr with a RF circular pattern fwd trn R, cl L, fwd trn R, -; cont circular pattern twd ptr fwd trn L, cl R, fwd trn L, -);
- 7 - 8 {sd cl apt & pt} sd L, cl R, apt L, -; pt R, -, -, -;



MUSIC PREVIEW: [Good To Go](#)

GOOD TO GO (HEAD CUES)

Rhythm: Two Step II

Sequence: Intro A B A B C A(1-12) mod B Ending

Intro:

OP pos fc LOD wait 4 meas ; ; ; ;
 strut wlk 2 ; fwd two stp ; strut wlk 2 ; fwd two stp ;
 circ awy 2 two stps ; ; strut tog 4 ; to Bfly ;
 slow vin 2 ; fc to fc ; slow vin 2 ; bk to bk to Bfly ;

Part A:

lc acrs ; fwd two stp ; hitch 6 ; ;
 lc bk ; fwd two stp to Bfly ; Q vin 8 ; to SCP ;
 2 fwd two stps ; ; htch 4 ; wlk 2 ;
 circ awy & tog ; to Bfly ; vin 4 ; wlk & pkup ;

Part B:

prog scis 2X ; to BJO ; hitch 3 ; hitch scis to CP W ;
 2 trng two stps ; ; S twsty vin 4 to fcg no hnds ; ;
 solo L trng box ; ; ; to Bfly ;
 trav dr 2X ; ; ; ;

Part A:

lc acrs ; fwd two stp ; hitch 6 ; ;

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lc bk ; fwd two stp to Bfly ; Q vin 8 ; to SCP ;
2 fwd two stps ; ; htch 4 ; wlk 2 ;
circ awy & tog ; to Bfly ; vin 4 ; wlk & pkup ;

Part B:

prog scis 2X ; to BJO ; hitch 3 ; hitch scis to CP W ;
2 trng two stps ; ; S twsty vin 4 to fcg no hnds ; ;
solo L trng box ; ; ; to Bfly ;
trav dr 2X ; ; ; to Closed W ;

Part C:

brkn box ; ; ; ;
twrl vin 2 ; wlk 2 to Bfly ; Slow op vin 4 ; ;

Part A (1-12)MOD:

lc acrs ; fwd two stp ; hitch 6 ; ;
lc bk ; fwd two stp to Bfly ; Q vin 8 ; to SCP ;
2 fwd two stps ; ; htch 4 ; wlk & pkup ;

Part B:

prog scis 2X ; to BJO ; hitch 3 ; hitch scis to CP W ;
2 trng two stps ; ; S twsty vin 4 to fcg no hnds ; ;
solo L trng box ; ; ; to Bfly ;
trav dr 2X ; ; ; ;

Ending:

circ awy 2 two stps ; ; strut tog 4 ; to Bfly ;
circ box ; to Bfly ; sd cl apt & pt ; ;