

# GOOD TO GO



**LEVEL** : Intermediate **GENRE:** Pop  
**ARTIST** : LONIS ft Daphne Willis, Album "Good To Go" 2020  
**CHOREO** : Macel Johnston "Tamar Cloggers" February 2022  
**SPEED** : Normal to +10% **LENGTH:** 2.46  
**SEQUENCE** : Intro, A, B Chorus, C, B, Chorus, D, A, B\* Chorus\*  
**INTRO** : 8 Beats, Left Foot Lead (last 4 beats slap R thigh)

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## Quick Cues

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### INTRO (24 beats *Start facing the back*)

2 Rock Basketball (1/2L)  
2 Basic (Rft)  
4 Jazz Box  
4 Pull Reverse Basic (L)  
4 Burton Saturday (Rft)  
4 Pull Reverse Basic (Rft)  
4 Burton Saturday

### PART A (16 beats)

8 MJ Twist  
4 Snake Brush  
4 Joey (Rft)

### PART B (16 beats)

8 Race Step  
4 2 Flare  
4 Double Basic Rocky

### CHORUS (32 beats)

4 Rocking Chair  
4 Stepping Jazz Box (with claps)  
8 Windster Rock Brush  
4 Pull Reverse Basic (L)  
4 Burton Saturday (Rft)  
4 Pull Reverse Basic (Rft)  
4 Burton Saturday

### PART C (16 beats)

8 Bad Rougie  
4 Roll The Dice (1/2 R)  
4 Triple (Rft) (1/2 R)

### PART B (16 beats)

8 Race Step  
4 2 Flare  
4 Double Basic Rocky

### CHORUS (32 beats)

4 Rocking Chair  
4 Stepping Jazz Box (with claps)  
8 Windster Rock Brush  
4 Pull Reverse Basic (L)  
4 Burton Saturday (Rft)  
4 Pull Reverse Basic (Rft)  
4 Burton Saturday

### PART D (16 beats)

8 Step Pull Basic (FWD)  
8 Flap 'n' Jog (BK)

### PART A (16 beats)

8 MJ Twist  
4 Snake Brush  
4 Joey (Rft)

### PART B\* (8 beats)

4 2 Flare  
4 Double Basic Rocky

### CHORUS\* (47 beats)

4 Rocking Chair  
4 Stepping Jazz Box (with claps)  
8 Windster Rock Brush  
4 Pull Reverse Basic (L)  
4 Burton Saturday (Rft)  
4 Pull Reverse Basic (Rft)  
4 Burton Saturday  
8 Bad Rougie  
4 Pull Reverse Basic (L)  
3 Mostly Bad (Rft)



# Step Definitions – GOOD TO GO

## ROCK BASKETBALL:

R S (FWD) PVT (L) S  
L R R L  
& 1 & 2

## BASIC:

DS RS  
R LR  
&1 &2

## PULL REVERSE BASIC:

(P) S (OTS) PULL-S (BS) RS DS  
L R R LR L  
& 1 & 2 &3 &4

## BURTON SATURDAY:

DS STA (T IN) H STA (T OUT) H DBL-BA (OTS) TCH (BS)  
L R L R L R R L  
&1 & 2 & 3 e& a 4

## MJ TWIST:

DS DS (XIB) R S (OTS) (P) S (BK) RS DS DT [BA/BA] (H'S L) [BA/BA] (H'S R) LIFT/SL  
L R L R L RL R L L /R L /R L /R  
&1 &2 & 3 & 4 &5 &6 & 7 & 8

## SNAKE BRUSH:

DS H (WGT XIF TW) BA (OTS) R (BK) S (OTS) BR H  
L R L R L R L  
&1 & 2 & 3 & 4

## JAZZ BOX:

T-H (OTS) T-H (XIF) T-H (BK) T-H (BS)  
L L R R L L R R  
&1 & 2 & 3 & 4

## JOEY:

DS BA (XIB) BA (OTS) BA (OTS) BA (XIB) BA (BS) S  
R L R L R L R  
&1 & 2 & 3 & 4

## DOUBLE BASIC ROCKY:

DS DS R H (WGT) FL-H  
L R L R R R  
&1 &2 & 3 & 4

## RACE STEP:

DS DS (XIF) S (BK) DT (OTS) R (BK) S BA-SL DS DS RS  
L R L R R L R R L R LR  
&1 &2 & 3 & 4 & 5 &6 &7 &8

## FLARE:

DT (FLR) SL R (XIB) S (XIF)  
L R L R  
& 1 & 2

## ROCKING CHAIR:

DS BR H DS RS  
L R L R LR  
&1 & 2 &3 &4

## STEPPING JAZZ BOX:

(P) S (P) S (XIF) (P) S (XIB) (P) S (BS)  
L R L R  
& 1 & 2 & 3 & 4

## WINDSTER ROCK BRUSH:

DS BR (XIF) H BR (X) H R (OTS) S R (BK) S DS R (BK) S BR H  
L R L R L R L R L R L R  
&1 & 2 & 3 & 4 & 5 &6 & 7 & 8

## BAD ROUGIE:

DS STA RS STA RS DS (OTS) LOOP/SL S (XIB) BA (OTS) BA (XIF) SL S  
L R RL R RL R L /R L R L R  
&1 & 2& 3 &4 &5 & 6 & 7 & 8

## ROLL THE DICE: (In this dance turn 1/2 R)

DS DS (XIF) DR [BA (XIB) BA BA] (3/4 R)  
L R R L R L  
&1 &2 & 3 & 4

## TRIPLE:

DS DS DS RS  
R L R LR  
&1 &2 &3 &4

## STEP PULL BASIC:

(P) S (FWD) PULL-S (BS) DS DS R S (FWD) PULL-S (BS) DS RS  
L R R L R L R L L R LR  
& 1 & 2 &3 &4 & 5 & 6 &7 &8

## FLAP 'N' JOG:

DS (XIF) [LIFT-TOE] FL DS (XIF) [LIFT-TOE] FL (P) [BA BA BA BA BA] (BK) T-H  
L L L R R R L R L R L R R R  
&1 & 2 &3 & 4 & 5 & 6 & 7 & 8

## MOSTLY BAD:

DS STA-RS STO  
R L LR L  
&1 & 2& 3