



## Good Mood

32 count, 4 wall, Improver level

Choreographed October 2021 by Charles Alexander (Swe)

**Music:** Good Mood by Adam Levine

CD: Good Mood (Single) (3.30 min)

**Intro:** 8 counts, approx. 4 sec – 121 bpm

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### 1 – 8 SIDE, TAP, KICK-SIDE-TAP, RIGHT CHASSÉ, CROSS, POINT

1-2 Step R to right side. Tap L behind R.

3&4 Kick L down and to the left. Step L to left side. Tap R behind L.

Easy option: Step L to left side (3). Tap R behind L (4).

5&6 Step R to right side. Step L beside R. Step R to right side.

7-8 Cross L over R. Point R to right side.

### 9 – 16 MASHED POTATOES BACK R-L-R-L, BACK, POINT, CROSS, HITCH RIGHT 1/4 TURN LEFT

&1&2 Twist both heels out (&). Step R back and twist both heels in (1).

Twist both heels out (&). Step L back and twist both heels in (2).

&3&4 Repeat &1&2.

Easy option: Walk back R-L-R-L (1-4).

5-6 Step R back. Point L to left side.

7-8 Cross L over R. Hitch R and make 1/4 turn left. [9:00]

**\*Restart here during wall 5\*** Omit the 1/4 turn so you restart the dance towards 12:00.

### 17 – 24 WALK R-L, RIGHT CROSS SAMBA, CROSS, SIDE, BEHIND-SIDE-CROSS

1-2 Walk forward R-L.

3&4 Cross R over L. Rock L to side. Recover onto R.

5-6 Cross L over R. Step R to right side.

7&8 Cross L behind R. Step R to right side. Cross L over R.

### 25 – 32 SYNCOPATED ROCK RIGHT, SIDE, TWIST OUT-IN, BEHIND, SIDE, CROSS, HITCH

1-2& Rock R to side. Recover onto L. Step R beside L.

3&4 Place ball of L to left side. Twist L heel out. Twist L heel in.

5-8 Cross L behind R. Step R to right side. Cross L over R. Hitch R.

This dance is dedicated to my dancers who always, no matter how difficult times are, get me in a good mood.

Enjoy the lyrics of the song and feel free to add your own “good mood-moves” as styling 😊