



GOODY GOODY

Choreographers: Annette & Frank Woodruff	Music: The Ultimate Ballroom 8, track 3 or Della Reese CD or mp3
Rue du Camp, 87 7034 Mons, Belgium	Footwork: Opposite except where indicated (<i>W's footwork in parentheses</i>)
Tel: 00 32 65 73 19 40	Rhythm: Foxtrot
Fax: 00 32 65 73 19 41	Phase: V (soft)
E-mail: anfrank@voo.be	Release date: January 2010
	Time & Speed: 3:36 at unchanged speed
	Sequence: Intro – A – A(1-12) – B – C - Ending

INTRODUCTION

	Wait 4 Pick Up Notes	Fcg 8 FT apt both w/ L ft free wt 4 pick up notes [3 beats];
1 - 2	Stroll Together in 4 to SHAD LOD;;	Lazily wlk tog L, -, R, -; L, -, R to SHAD LOD, -; [M bhd & to L of W ~ L hnds jnd ~ M's R hnd on W's R shldr blade ~ W's R arm xtnd to sd]
3 - 4	4 Monkey Walks;;	Fwd L (<i>W steps L ovr M's R leg</i>), -, fwd R ovr W's L leg (<i>W fwd R</i>), -; rpt meas 4 Intro;
5 - 6	Shadow Basket Ball Turn to OP;;	Fwd L trng ¼ RF to fc WALL, -, relg hnds rec R trn ¼ RF to fc RLOD, -; fwd L trn ¼ RF to fc COH, -, rec R trn 1/4 RF to OP LOD, -;
7 - 8	Cross Walk 4 W Transition to BJO;;	Fwd L in front of R, -, fwd R in front of L, -; fwd L in front of R relg hold (<i>W fwd L & swvl ½ LF</i>), -, fwd R in front of L (<i>W bk R/bk L</i>) to BJO LOD, -;
9 - 12	Diamond Turn;;;;	Fwd L, -, trng ¼ LF sd R, bk L; bk R, -, trng ¼ LF sd L, fwd R; rpt meas 10 & 11 to CP DLC;;
13	Telemark to SCP LOD;	Fwd L com LF trn, -, sd R contg LF trn, sd & fwd L (<i>W bk R to heel stg LF trn bringing L ft beside R w/ no wgt, -, cont LF trn on R heel & chg wgt to L risg to ball, sd & stly fwd R</i>) to SCP LOD;
14	Thru Run 2;	Thru R, -, fwd L, fwd R;
15 - 16	Slow Forward Kick Pick up Touch;;	Fwd L, -, kick R fwd, -; sm fwd R (<i>W fwd L folding LF in frt of M</i>), -, tch L;

PART A

1	Reverse Wave 3;	Fwd L stg LF bdy trn, -, trng LF sd R twd LOD, bk L (<i>W bk R to heel stg LF trn bringing L ft beside R w/ no wgt, -, cont LF trn on R heel & chg wgt to L risg to ball, fwd R</i>) to CP DRC;
2	Feather Finish in 4;	Bk R stg LF trn, -, sd & fwd L contg LF trn, fwd R to BJO DLW, fwd L;
3	Forward W Kick;	Forward R, -, -, - (<i>W bk L, -, kick R fwd, -</i>); [kick = raise knee then xtnd lower leg sharply w/ toes ptd down]
4	Outside Swivel;	Bk L, -, XRif w/ no wgt (<i>W fwd R, -, swvl ½ RF on ball of R ft</i>) to SCP DLW, -;
5 - 6	Hover Cross to face DRC;;	Fwd R DLW com RF trn, -, sd L arnd W contg trn, fwd & sd R compg 3/4 RF trn (<i>W bk L to heel stg RF trn bringing R ft beside L w/ no wgt, -, cont RF trn on L heel & chg wgt to R, contg trn on R toe back L</i>) to SCAR DLC; fwd L, rec R startg to trn LF, side L contg LF trn, fwd R to BJO DRC;
7	Forward W Kick;	Fwd L, -, -, - (<i>W bk R, -, kick L fwd, -</i>);
8	Back W Kick;	Bk R, -, -, - (<i>W fwd L, -, kick R fwd, -</i>);
9	Impetus to SCP;	W/ RF bdy trn bk L to heel bringing R ft beside L w/ no wgt, -, cont RF trn on L heel & chg wgt to R risg to ball, fwd L (<i>W with RF bdy trn fwd R w/ heel ld between M's ft & pvt 1/2, -, sd & fwd L contg trn arnd M & brush R to L, fwd R</i>) to SCP DLC;
10 - 11	Promenade Weave;;	Fwd R, -, -, fwd L stg LF trn, contg trn sd & bk R LOD; bk L, bk R DLC trng LF to CP, sd & fwd L DLW, fwd R DLW (<i>W fwd L prepg for LF trn, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L to BJO; fwd R outsd ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L</i>) to BJO DLW;

12	Change of Direction;	Fwd L, -, fwd R w/ R sd ld trng LF, draw L to CP DLC;
13	Telemark to SCP;	Rpt meas 14 Intro to SCP DLW;
14 - 15	In & Out Runs;;	Fwd R stg RF trn, -, contg RF trn sd & bk L in frt of W, bk R w/ R sd ld (<i>W fwd L, -, fwd R between M's ft, fwd L</i>) to BJO RLOD; bk L trng RF, -, sd & fwd R between W's ft contg RF trn, fwd L (<i>W fwd R stg RF trn, -, contg RF trn sd & bk L in frt of M, contg to trn RF fwd R</i>) to SCP DLC;
16	Wing;	Thru R, com trng upper bdy LF, cont trng bdy LF (<i>W fwd L com LF trn, -, fwd R arnd M, fwd L to M's L sd upper bdy contg to trn LF</i>) to SCAR DLC;

Repeat Part A measures 1 - 12**PART B**

1	Drag Hesitation;	Fwd L, -, stg LF trn sd R, contg LF trn draw L to BJO DRC;
2	Back Lilt 4;	Bk L lwrng into soft knee, cl R risg but still soft knees, bk L lwrng into soft knee, cl R risg but still soft knees;
3	Heel Pivot to BJO in 2;	Bk L to heel pvtg RF & bringing R ft beside L w/ no wgt, -, cont RF trn on L heel & chg wgt to R (<i>W fwd R outsd ptr pvtg RF, -, bk L comp pvt</i>) to BJO DLW, -;
4	Forward Lilt 4;	Fwd L lwrng into soft knee, cl R risg but still soft knees, fwd L lwrng into soft knee, cl R risg but still soft knees;
5	Three Step;	Fwd L w/ heel ld, -, fwd R heel to toe w/ slight LF trn blending to CP, fwd L to CP DLW;
6	Natural Turn 1/2;	Fwd R btw W's ft stg RF trn, -, contg RF trn sd L in frt of W, bk R (<i>W stg RF trn bk L to heel bringing R ft beside L w/ no wgt, -, cont RF trn on L heel & chg wgt to R, contg trn on R toe fwd L</i>) CP RLOD;
7 - 8	Pivot 2 & Transition to SHAD LOD;;	Bk L pvtg RF, - fwd R contg RF pvt to CP LOD, -; fwd L, -, cl R, - (<i>W sd & bk R contg RF trn relg ld hnds, -, tch L,-</i>) & chg hold to SHAD LOD;
9 - 10	2 Slow Cross Points;;	Both XLif, -, pt R to sd, -; XRif, -, pt L to sd, -;
11	Cross Side Cross Flare;	Both XLif, sd & fwd R, XLif, flare R counter-clockwise;
12	Cross Side Cross;	XRif, sd & fwd L, XRif, -;
13	W Rolls Across;	Man holds (<i>W rolls LF L, R, L</i>) to LOP LOD, -;
14	Man Rolls Across;	Roll LF L, R, L, (<i>W holds</i>) to OP LOD, -;
15	W Vines Apart 3 to face WALL;	Man holds (<i>W relg handhold sd R, XLib, sd R trng to fc WALL</i>), -;
16	Man Vines Together 3 to TAND;	Sd R, XLib, Sd R to stand bhd W (<i>W holds</i>) to TAND WALL, -; [no hnds at this point]
17 - 18	Vine 8 W Transitions to BJO;;	Both sd L, XRif, sd L, XRif; M sd L, XRif, sd L, XRif (<i>W sd L, XRif, fwd & sd L stg to trn LF, bk R compg 1/2 LF trn/bk L</i>) to BJO DLW;

PART C

1	Three-Step;	Rpt meas 5 & 6 Part B;;
2	Natural Turn;	
3	Back Feather;	Bk L,-, bk R w/ R shldr ld, bk L (<i>W fwd R w/ heel ld between M's ft,-, fwd L on ball w/ L shldr ld, fwd R outsd ptr</i>) to BJO RLOD;
4	Back Three Step;	Bk R, -, bk L, bk R (<i>W fwd L w/ heel ld, fwd R heel to toe btw M's ft, -, fwd L on toe</i>) to CP RLOD;
5	Closed Impetus;	W/ RF bdy trn bk L to heel bringing R ft beside L w/ no wgt, -, cont RF trn on L heel & chg wgt to R risg to ball, bk L (<i>W with RF bdy trn fwd R w/ heel ld between M's ft & pvt 1/2, -, sd & fwd L contg trn arnd M & brush R to L, fwd R</i>) to CP DLW;
6	Feather Finish;	Bk R stg LF trn, -, sd & fwd L contg LF trn, fwd R to BJO DLC, swivel 1/8 LF on ball of R ft keepg L leg xtnd;
7	... to a Top Spin;	Trng 3/8 LF ovr next 4 steps bk L, bk R, sd & fwd L, fwd R to BJO DLW;
8	Hover;	Fwd L, -, sd & fwd R risg to ball of ft (<i>W sd & bk L allowg R to brush against L</i>), fwd L to SCP DLC;
9	Thru Semi Chasse;	Thru R, -, fwd & sd L/cl R, fwd & sd L to SCP DLC;
10	Thru Hover to BJO;	Thru R, -, fwd L risg slightly, rec R (<i>W thru L, -, fwd & sd R trng LF risg & brushg L to R, contg LF trn fwd L</i>) to BJO DLC;

11	Back Hover to SCP;	Bk L, -, bk R risg slightly, rec L (<i>W fwd R, -, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R</i>) to SCP DLC;
12	Chair & Slip;	Lun fwd R w/ bent knee & upper bdy erect, -, rec L, slip R bhd L (<i>W swvl LF on R & step fwd L outsd M's R ft</i>) to CP DLC;
13	Drag Hesitation;	Rpt meas 1-5 Part B;;;;;
14	Back Lilt 4;	
15	Heel Pivot 2 to BJO;	
16	Forward Lilt 4;	
17	Three Step;	
18 - 19	Natural Weave;;	Fwd R com to trn RF, -, sd L contg RF trn, w/ R sd ld bk R DLC prepg to ld W outsd ptr (<i>W bk L to heel stg RF trn bringing R ft beside L w/ no wgt, -, cont RF trn on L heel & chg wgt to R risg to ball, fwd L w/ L sd ld</i>) to BJO DRW; bk L in BJO, bk R com LF trn, sd & fwd L to mom CP compg ¼ LF trn & prepg to step outsd ptr, fwd R (<i>W fwd R outsd ptr, fwd L com LF trn, sd R to mom CP trng LF, bk L</i>) to BJO DLW;
20	Change of Direction;	Rpt meas 12-13 Part A;;
21	Telemark to Semi;	
22	Thru Side Behind;	Thru R, -, sd L, XRib (<i>W XRib</i>) to mom LOP RLOD;
23	Roll 3;	Roll LF L, -, R, L to OP LOD;
24	Thru Run 2;	Thru R, -, fwd L, fwd R;

ENDING

1	Circle Away;	Trvlg in a curve twds COH (<i>W twds WALL</i>) fwd L, -, R, L;
2	Transition to Face;	Trng to fc ptr sm fwd R, -, tch L (<i>W trng to fc ptr sm fwd L, -, cl R</i>), -;
3 - 4	Stroll Together in 4 to SHAD LOD;;	Rpt meas 2-15 Intro;;;;;;;;;;;;;;;;;
5 - 6	4 Monkey Walks;;	
7 - 8	Basket Ball Turn to OP;;	
9 - 10	Cross Walk 4 W Transition to BJO;;	
11 - 14	Diamond Turn;;	
15	Telemark to SCP LOD;	
16	Thru Run 2;	
17	Forward and Chair;	Fwd L, -, lun fwd R w/ bent knee & upper bdy erect, -;



Della Reese (born July 6, 1931) is an American actress, singer, and ordained minister. She started her career in the 1950s as a gospel, pop and jazz singer, scoring a hit with her 1959 single "Don't You Know". She subsequently became an actress, best known as playing Tess, the leading role on the television show *Touched by an Angel*. In the late 1960s, she hosted her own talk show, *Della*, which ran for 297 performances. Today, she is an ordained New Thought minister in the Understanding Principles for Better Living Church in Los Angeles, California.

So you met someone who set you back on your heels, goody goody
 You met someone and now you know how it feels, goody goody
 You gave her your heart too, just as I gave mine to you
 And she broke it in little pieces, now how do you do?

So you lie awake just singin' the blues all night, goody goody
 You think that love's a barrel of dynamite
 Hurray and hallelujah, you had it comin' to ya

Goody goody for her, goody goody for me
 And I hope you're satisfied, you rascal, you

You gave her your heart too, just as I gave mine to you
 And she stuck it in her collection, section ninety-two
 So you lie awake just singin' the blues all night, goody goody

You think that love's a barrel of dynamite
 Hurray and hallelujah, you had it comin' to ya
 Goody goody for her, goody goody for me
 And I hope you're satisfied, you rascal you