

I'm Good

Count: 32

Wall: 2

Level: Improver

Choreographer: Paula-jayne Ogilvie (AUS) - January 2026

Music: I'm Good (From The Movie "GOAT") - Jelly Roll



3 restarts

Dance starts after 16 counts.

Section 1. R kick step, point, L kick, step, point, step R, step L, hip bump L, twist RF in heel, toe, heel

- 1&2 kick RF forward (1), step RF beside LF (&), Point LF to L side (2).
3&4 kick LF forward (3), step LF beside RF (&), Point RF to R side (4).
5&6 step RF beside LF (5), step LF to L side (&), bump hip to L (6). (Feet should be shoulder width apart).
7&8 twist R foot towards LF heel (7), toe (&), heel (8).

Section 2. R side touch, L side touch, side together side touch, L side touch, R side touch, side together ¼ turn.

- 1&2& step R to R side (1), touch LF beside RF (&), step LF to L side (2), touch RF beside LF (&).
3&4& step RF to R side (3), step LF beside RF (&), step RF to R side (4), touch LF beside RF (&).
5&6& step LF to L side (5), touch RF beside LF (&), step RF to R side (6), touch LF beside RF (&).
7&8 step LF to L side (7), step RF beside LF (&), ¼ L stepping LF forward (8)

Section 3. Step, lock, shuffle forward, rock recover ½ turn shuffle

- 1,2 step RF forward (1), lock LF behind RF bending R knee slightly (2).
3&4 step RF forward (3), step LF beside RF (&), step RF forward (4).
5,6 rock LF forward (5), recover weight to RF (6).
7&8 ½ L stepping LF forward (7), step RF beside LF (&), step LF forward (8)

Section 4. Step lock, shuffle forward, forward touch, ¼ side touch, L coaster step.

- 1,2 step RF forward (1), lock LF behind RF bending R knee slightly (2).
3&4 step RF forward (3), step LF beside RF (&), step RF forward (4).
5&6& step LF forward (5), touch RF beside LF (&), ¼ R stepping RF to R side (6), touch LF beside RF (&).
7&8 step LF back (7), step RF beside LF (&), step LF forward (8).

Notes

This dance has 3 restarts with step change on walls, 3,5 and 7 after 16 counts. Instead of turning ¼ turn touch RF beside L to restart

Restart 1 wall 3 at 12:00

Restart 2 wall 5 at 6:00

Restart 3 wall 7 at 12:00