

# Supa Good

**COPPER** **KNOB**  
STEPSHEETS

Count: 32

Wand: 4

Ebene: Improver / Intermediate

Choreograf/in: Benjamin Wright (USA) - January 2025

Musik: SUPA GOOD!!! (from Dog Man) (feat. James Brown) - Yung Gravy : (CD: Dog Man)



**\*1 x Restart, 5 x Repeating Tag**

**Song starts on Lyrics "Supa Fly, Supa Good" its like a 4 – 8 count intro**

## **[1-8] Side Steps with hips**

- 1, 2 - (1) RF stomp to right, (2) hip bump
- 3, 4 - (3) LF Step together, (4) pause
- 5, 6 - (5) RF stomp to right, (6) hip bump
- 7, 8 - (7) LF Step together, (8) pause

## **[9-16] Heel Switches, Heel Flick, Right Coaster Step, Step Pivot**

- 1&2& - (1) Present R heel, (&) Return to center (2) Present L heel (&), Return to center
- 3&4 - (3) Present R heel, (&) Flick R Heel out to R, (4) Heel comes back in
- 5&6 - (5) Step RF back, (&) close LF next to RF, (6) Step RF forward
- 7, 8 - (7) Step LF forward, (8) Pivot 1/2 R (6:00)

## **[17-24] Camel Steps, Step L, Rock Hips Forwards Left, Recover, Step Center**

- 1, 2 - (1) Step LF forward while popping R knee, (2) step RF forward while popping L knee
- 3, 4 - (3) Step LF forward while popping R knee, (4) step RF forward while popping L knee
- 5, 6 - (5) Step LF Forward, (6) Rock hip forward shifting weight on LF
- 7, 8 - (7) Recover weight on RF, (8) Step LF beside RF

## **[25-32] V-Step, Step Pivot 3/8, Step Pivot 3/8**

- 1, 2 - (1) Step RF forward on R diagonal, (2) step LF forward on L diagonal
- 3, 4 - (3) Return RF to center, (4) Return LF to center
- 5, 6 - (5) Step RF forward, (6) Pivot 3/8 L (1:30)
- 7, 8 - (7) Step RF forward, (8) Pivot 3/8 L (9:00)

**TAG (16 Counts) (Repeats 5x times throughout dance, see end notes)**

## **[1-8] Step, Knee Dips, Step Pivot 1/4, Knee Dips, Recover**

- 1 - (1) Step RF to R
- 2, 3 - (2) Dip R Knee Inward, (4) Recover R Knee and Dip L Knee Inward (Syncopated)
- 4, 5 - (4) Step RF forward, (5) Pivot 1/4 L
- 6, 7 - (6) Dip R Knee Inward, (7) Recover R Knee and Dip L Knee Inward (Syncopated)
- 8 - (8) Recover L Knee returning LF to Neutral Stance

## **[9-16] Full Turn L**

- 9-16 - (9-16) Do a spin to the left for 8 counts, this can be a 360 broken up into quarter turns, this can be multiple spins, whatever your skill level is occupy 8 counts by turning/spinning until facing the wall you started the turn/spin on

**\*Order of walls/tag: This is how I explain it when I teach it to my friends**

**-1 x Wall (32 Counts)**

**-1 x Tag (16 Counts) \*\*\*Audio cue is James Brown singing "So Good!"**

**-2 x Wall (32 Counts)**

**-1 x Tag (16 Counts)**

**-2 x Wall (32 Counts)**

**-1 x Tag (16 Counts)**

**-1.5 x Wall (32 Counts) (16 Count into restart) \*\*\* This part of the song is the only instrumental area so that's**

the audio cue

Restart

\*1 x Wall (32 Counts)

\*\*2 x Tag (16 Counts)

\*\*\* The ending of the song is the tag repeating twice, the outro of the song is not choreographed so you can add extra spins, flair etc. I like to throw out some jazz hands for fun and a laugh when the horns blare at the end of the song.

Despite the tag portion, it's a very easy and fun dance to learn and share with your friends

Please tag/contact me if you make a video so I can add it on here!

Contact: [ben.j.wright101@gmail.com](mailto:ben.j.wright101@gmail.com)

Insta/TikTok Handle: [@bennieandthejets\\_\\_](https://www.instagram.com/bennieandthejets__) (two underscores)

Last Update: 28 Jan 2025-R2

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