

# Good For Your Soul

**COPPER** **NOB**  
BY SHEETS

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Marie Claude Gil (FR) - June 2018

Music: Good For Your Soul - Tyminski



**Intro 16 Counts - 1 Restart: Wall 3 (facing 6.00)**

## **SECTION 1: TRIPLE STEP FORWARD RIGHT AND LEFT, JAZZ BOX**

1&2 Step forward right, Step left next to right, Step forward right  
3&4 Step forward left, Step right next to left, Step forward left  
5-6 Cross right over left, step left back  
7-8 Step right side, Step left forward

## **SECTION 2: ½ TURN TRIPLE STEP LEFT, ROCK BACK, ½ TURN TRIPLE STEP RIGHT, ROCK BACK**

&1&2 ¼ turn left, step right side, step left next to RF, ¼ turn left RF back (6.00)  
3-4 Rock back left, Recover weight on the right  
&5&6 ¼ turn right, step left side, step right next to LF, ¼ turn right LF back (12.00)  
7-8 Rock back right, Recover weight on the left

**RESTART HERE : AFTER 16 COUNTS WALL 3 (facing 6.00)**

## **SECTION 3: KICK BALL CROSS (X2), SIDE ROCK BEHIND SIDE CROSS**

1&2 Right kick, ball right, cross left before right  
3&4 Right kick, ball right, cross left before right  
5-6 Rock right to right side, Recover weight onto left  
7&8 Cross R behind L, Step L side L, Cross R over left

## **SECTION 4: SIDE TRIPLE STEP LEFT, ¼ TURN RIGHT SIDE TRIPLE STEP, ¼ TURN LEFT SIDE TRIPLE STEP, ROCK BACK**

1&2 Side step left, step right next to left, side step left  
&3&4 ¼ Turn right, Side step right, step left next to right, side step right  
&5&6 ¼ Turn left, Side step left, step right next to left, side step left  
7-8 Rock back right, Recover weight on the left

## **SECTION 5: HEEL STRUT, ¼ TURN RIGHT, TOE STRUT, SAILOR STEP RIGHT AND LEFT**

1-2 Step right heel forward, right toe down  
&3-4 ¼ Turn right, left toe forward, left heel down  
5&6 Step R behind L, Step L to L side, Step R to R side  
7&8 Step L behind R, Step R to R side, Step L to L side

## **SECTION 6: STEP ½ TURN, TRIPLE STEP FORWARD, ROCK STEP FORWARD, COASTER STEP**

1-2 Step right forward, ½ turn on the left  
3&4 Step forward right, Step left next to right, Step forward right  
5-6 Rock forward left, Replace weight on the right  
7&8 Step left back, step right beside left, step left forward

**HAVE FUN!!!**

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