

Good for You

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Upper Beginner
编舞者: Liz Gardiner (AUS) - February 2017
音乐: Good For You - Jason Owen : (Album: Proud - 2:39)



Starts on vocals, weight on left.

Direction: CW

S1:, FWD, 1/4 L PIVOT, FWD, 1/4 L PIVOT, WALK, WALK, SHUFFLE

1,2,3,4 Step R forward, 1/4 pivot L, Step R forward, 1/4 pivot L,

5,6,7&8 Walk R, Walk L, Shuffle RLR (6:00)

S2:, ROCK, RECOVER, 1/2 L SHUFFLE, HEEL & HEEL & CROSS, HEEL JACK

1,2,3&4 Rock L forward, Recover R, Turn 1/2 L shuffling LRL (12.00)

5&6, Touch R heel forward at 45°, Step R together, Touch L heel forward at 45°,

&, 7, &, 8 Step L together, Cross R over L, Step L to L side, Touch R heel forward at 45°

S3:, 1/4 L TWIST, 1/2 R TWIST, SHUFFLE, FWD, 1/4 L PIVOT, FWD, 1/4 L PIVOT

&1,2,3,4 Drop R toes down taking weight, Twist 1/4 L(wgt L), Twist 1/2 R (wgt R), Shuffle LRL (3.00)

5,6,7,8 Step R forward, 1/4 pivot L, Step R forward, 1/4 pivot L, (9:00)

S4:, WALK, WALK, STEP, TOG, TOG, BACK, 1/2 R STEPPING FWD, FWD, STOMP, STOMP #

1,2,3&4 Walk R, Walk L, Step R forward, Step L beside R, Step R beside L (9.00)

5,6, 7&8 Step L back. Turn 1/2 R stepping R forward, Step L forward, Stomp R beside L, Stomp L beside R (3:00)

Tags are at the end of Wall 3 and 5. Add the first 4 counts of the dance.

1,2,3,4 FWD 1/4 L PIVOT, FWD, 1/4 L PIVOT

The dance finishes on wall 7. Dance to count 24 and add - Step R forward, Sharp 1/2 L pivot to the front (12.00)

Enjoy!

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www.southerncrosslinedance.com

Latest Update – 25thth February 2017