

# 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](http://www.southerncrosslinedance.com)**

**Latest Update – 25thth February 2017**