

Sounds Good to Me

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Ruben Luna (USA) & Lynne Martino (USA) - June 2017
音乐: Sounds Good to Me - Nelly : (iTunes, amazon)



#16 Count Intro, Start on Vocals - Sequence: A, B, B, A, B, B, Partial A, B, B, B

A-48 counts

[1-8]□□Step Fwd, Heels Up, Down, Heel Twist, Heels Up Down, Coaster Step, Pivot Turn

1&2 Step R forward (1), lift both heels up (&), bring both heels down (2)
3&3&4 Twist both heels to right (&), bring both heels back to center, (3) lift both heels up (&), Bring both heels down (4) (weight on L)
5&6 Step R back (5), step L next to R (&), Step R fwd (6)
7-8 1/4 turn right rock L to left side (7), recover onto R (3:00)

[9-16]□□Cross and Cross, Rock Recover Behind Side Fwd, 1/4 Turn, Rock Recover

1&2 Cross L over R (1), step R to right side (&), cross L in front of R (2)
3-4 Rock R to right side (3), recover onto L (4)
5&6 Step R behind L (5), step L to left side (&) step R forward (6)
7-8 1/4 turn right rock L to left side (7), recover onto R (8) (6:00)

Note: when you do A the 3rd time counts 7-8 are modified then you go to B see notes below

[17-24]□□Step Touch x 2, Triple, Step Touch x 2, Triple

1&2& Step L to left side (1), touch R next to L (&), Step R to right side (2), touch L next to R (&)
3&4 Step L to left side (3), step R next to L (&), Step L to left side (4)
5&6& Step R to right side (5), step L next to R (&), step L to left side (6), touch R next to L (&)
7&8 Step R to right side (7), step L next to R (&), step R to right side (8)

[25-32]□□Samba x 2, Paddle Turn Right

1&2 Cross L over R (1), Rock R to right side (&), recover onto L (2)
3&4 Cross R over L (3), rock L to left side (&), recover onto R (4)
5&6& 1/8 turn right rock L to left side, (5) recover onto R, (&) 1/8 turn right rock L to left side (6) recover onto R (&)
7&8 1/8 turn right rock L to left side (7), recover onto R, (&), 1/8 turn right step L to left side (12:00)

[33-40]□□Step Pivot Turn, Triple Fwd, Rock Recover, Coaster Step

1,2 Step R forward bring both arm up in a V (1), 1/2 turn to the left while bringing arms down, weight on L (2) (6:00)
3&4 Step R forward (3), step L next to R (&), step R forward (4)
5,6 Rock L forward (5), recover onto R (6)
7&8 Step L back (7), step R next to L (&), Step L forward (8)

[41-48]□□Step Pivot Turn Triple Fwd, Rock Recover, Coaster Step

1,2 Step R forward bring both arm up in a V (1), 1/2 turn to the left while bringing arms down, weight on L (2) (12:00)
3&4 Step R forward (3), step L next to R (&), step R forward (4)
5,6 Rock L forward (5), recover onto R (6)
7&8 Step L back (7), step R next to L (&), Step L forward (8)

B-16 counts

[1-8]□□Sway R, L, Triple, Sway L, R 1/4 Triple Left

1,2 Step R to right side hip bump right (1), Step L to left side hip bump left (2)

3&4 Step R to right side (3), step L next to R (&), step R to right side (4)
5,6 Step L to left side hip bump left (5), step R to right side hip bump right (6)
7&8 1/4 turn left step L forward (7), step R next to L (&), step L forward (8) (9:00)

[9-16]□□Pivot Turn x 2, Jazz Box Cross

1,2 Step R forward (1), 1/2 turn to the left (2) (3:00)
3,4 Step R forward (3), 1/2 turn to the left (4) (9:00)
5-8 Cross R over L (5), step L back (6), Step R to right side (7), cross L over R (8)

End of Dance

**Note: during the 3rd "A" sequence do counts 1-14. Then
Count 15 – 1/4 turn right step left to left side, Count 16 – Hold. After that continue and do 3 B's until the end.**

Choreographer Info: -

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