

Getting Good

COPPER **KNOB**
BY SHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Chrystel DURAND (FR) & Séverine Fillion (FR) - November 2019
音乐: Getting Good - Lauren Alaina



Choreography written for the 15th anniversary of the OK Country Music club on 16 November 2019 in St James (50)

Intro : 4 counts - No Tag, No Restart

[1-8] SIDE ROCK, BEHIND SIDE CROSS, SIDE, TOGETHER, TRIPLE FWD

1-2 Rock step right to right side, recover weight on left
3&4 Right cross behind left, left to left, right cross over left
5-6 Left to left, right step next to left
7&8 Triple step left – right – left fwd

[9-16] STEP FWD, 1/2 TURN LEFT, TRIPLE FWD, FULL TURN, TRIPLE FWD

1-2 Right fwd, Turn 1/2 left (weight on left) 6:00
3&4 Triple step right – left – right fwd
5-6 1/2 turn right stepping left back, 1/2 turn right stepping right fwd
7&8 Triple step left – right – left fwd

[17-24] STEP FWD, 1/4 TURN LEFT, CROSS TRIPLE, SIDE ROCK, COASTER STEP

1-2 Right fwd, Turn 1/4 left (weight on left) 3:00
3&4 Right cross over left, left to left, right cross over left
5-6 Rock step left to left side, recover weight on right
7&8 Left back, right next to left, left fwd

[25-32] HEEL STRUT & HEEL STRUT & ROCKING CHAIR

1-2 Right heel fwd, drop right toe on the floor
& Left ball next to right
3-4 Right heel fwd, drop right toe on the floor
& Left ball next to right
5-6 Rock step right fwd, recover weight on left
7-8 Rock back on right, recover weight on left

ENJOY & HAVE FUN !