

# You Are Good (Worship LD)

**COPPER** KNOB  
STEP SHEETS

拍数: 144      墙数: 2  
编舞者: Eun Ju Lee (KOR) - October 2021  
音乐: You Are Good - Israel Houghton

级数: Phrased Improver



Sequence: Dance begins after 'Lord You are good' - A(48) - B(64) - C(32) - A(48) - B(64) - C(32) - A(48) - A(48) - A(32) - A(48) - B(64) - B(64) - Ending(16)

## A1: R Diagonal Forward, Behind, R Diagonal Forward, Touch, L Diagonal Forward, Behind, L Diagonal Forward, Touch

- 1-4      Step RF diagonal forward[1], step LF behind RF[2], step RF diagonal forward[3], touch LF next to RF[4]  
5-8      Step LF diagonal forward[5], step RF behind LF[6], step LF diagonal forward[7], touch RF next to LF[8]

## A2: Point R Cross Over L, Point R Diagonal Forward , Sailor Step(R,L)

- 1 2 3&4      Point RF cross over LF[1], point RF diagonal forward[2], step RF behind LF[3], step LF next to RF[4], step RF to R side[4]  
5 6 7&8      Point LF cross over RF[5], point LF diagonal forward[6], step LF behind RF[7], step RF next to LF[8], step LF to L side[8]

## A3: R Diagonal Back, L Cross Over R, R Diagonal Back, Touch, L Diagonal Back, R Cross Over L, L Diagonal Back, Touch

- 1-4      Step RF diagonal back[1], step LF cross over RF[2], step RF diagonal back[3], touch LF next to RF[4]  
5-8      Step LF diagonal back[5], step RF cross over LF[6], step LF diagonal back[7], touch RF next to LF[8]

## A4: Sailor Step(R,L), 1/2 Turn, Full Turn

- 1&2      Step RF behind LF[1], step LF next to RF[2], step RF to R side[2]  
3&4      Step LF behind RF[3], step RF next to LF[4], step LF to L side[4]  
5-8      Step RF forward[5], 1/2 L turn[6], 1/2 L turn, step RF back[7], 1/2 L turn, step LF forward[8] (facing 06:00)

## A5: Vine Step R, Together, 1/2 Monterey Turn

- 1-4      Step RF to R side[1], step LF behind RF[2], step RF to R side[3], step LF next to RF[4]  
5-8      Bend left knee slightly and touch RF to R side[5], 1/2 right turn and step RF next to LF[6], touch LF to L side[7], step LF next to RF[8] (facing 12:00)

## A6: Vine Step R, Together, 1/2 Monterey Turn (Same as A5)

- 1-4      Step RF to R side[1], step LF behind RF[2], step RF to R side[3], step LF next to RF[4]  
5-8      Bend left knee slightly and touch RF to R side[5], 1/2 right turn and step RF next to LF[6], touch LF to L side[7], step LF next to RF[8] (facing 06:00)

## B1: Side Touch x4

- 1-8      Step RF to R side[1], touch LF beside RF[2], step LF to L side[3], touch RF beside LF[4], Step RF to R side[5], touch LF beside RF[6], step LF to L side[7], touch RF beside LF[8]

## B2: R Side, Weight Change(L,R,L,R,L,R,L)

- 1-4      Step RF to R side and raise arms above head[1], Step change weight with LF, cross arms above your head[2], Step change weight with RF, spread both arms and extend upwards[3], Step change weight with LF, cross arms above your head[4]

5-8 Step change weight with RF, lower arms below waist[5], Step change weight with LF, cross arms below waist[6], Step change weight with RF, spread both arms and below waist [7], Step change weight with LF, cross arms below waist[8],

**B3: Side Touch x4 (Same as B1)**

1-8 Step RF to R side[1], touch LF beside RF[2], step LF to L side[3], touch RF beside LF[4], Step RF to R side[5], touch LF beside RF[6], step LF to L side[7], touch RF beside LF[8]

**B4: R Side, Weight Change(L,R,L,R,L,R,L) (Same as B2)**

1-4 Step RF to R side and raise arms above head[1], Step change weight with LF, cross arms above your head[2], Step change weight with RF, spread both arms and extend upwards[3], Step change weight with LF, cross arms above your head[4]

5-8 Step change weight with RF, lower arms below waist[5], Step change weight with LF, cross arms below waist[6], Step change weight with RF, spread both arms and below waist [7], Step change weight with LF, cross arms below waist[8],

**B5: Side Touch x4 (Same as B1)**

1-8 Step RF to R side[1], touch LF beside RF[2], step LF to L side[3], touch RF beside LF[4], Step RF to R side[5], touch LF beside RF[6], step LF to L side[7], touch RF beside LF[8]

**B6: R Side, Weight Change(L,R,L,R,L,R,L) (Same as B2)**

1-4 Step RF to R side and raise arms above head[1], Step change weight with LF, cross arms above your head[2], Step change weight with RF, spread both arms and extend upwards[3], Step change weight with LF, cross arms above your head[4]

5-8 Step change weight with RF, lower arms below waist[5], Step change weight with LF, cross arms below waist[6], Step change weight with RF, spread both arms and below waist [7], Step change weight with LF, cross arms below waist[8],

**B7: Side Touch x4 (Same as B1)**

1-8 Step RF to R side[1], touch LF beside RF[2], step LF to L side[3], touch RF beside LF[4], Step RF to R side[5], touch LF beside RF[6], step LF to L side[7], touch RF beside LF[8]

**B8: R Side, Weight Change(L,R,L), Step(R,L), 1/2 L Turn, Step L**

1-4 Step RF to R side and raise arms above head[1], Step change weight with LF, cross arms above your head[2], Step change weight with RF, spread both arms and extend upwards[3], Step change weight with LF, cross arms above your head[4]

5-8 Step RF in place[5], step LF in place[6], 1/2 L turn, step RF to R side[7], step LF in place[8] (facing 12:00)

**C1: R Heel Strut x4, L Heel Strut x4**

1-4 Put right toe and drop the heel for 4 counts[1-4] (While counting 4, hold right fist and stretch thumb to raise right arm from bottom)

5-8 Put left toe and drop the heel for 4 counts[5-8] (While counting 4, left palm facing the sky and raise left arm from bottom)

**C2: Jazz Box, 1/4 R Turn Jazz Box**

1-4 Step RF cross over LF[1], step LF back[2], step RF to R side[3], step LF cross over RF[4]

5-8 Step RF cross over LF[5], 1/4 R turn, step LF back[6] (facing 03:00), step RF to R side[7], step LF cross over RF[8]

**C3: Jazz Box, 1/4 R Turn Jazz Box (Same as C2)**

1-4 Step RF cross over LF[1], step LF back[2], step RF to R side[3], step LF cross over RF[4]

5-8 Step RF cross over LF[5], 1/4 R turn, step LF back[6] (facing 06:00) step RF to R side[7], step LF cross over RF[8]

**C4: R Forward, L Point, L back, R point**

1-4 Step RF forward[1], point LF forward[2], step LF back[3], point RF back [4]

5-8 Step RF forward[5], point LF forward[6], step LF back[7], point RF back [8]

**Ending: R Heel Strut x4, L Heel Strut x4, Jazz Box x2**

1-4 Put right toe and drop the heel for 4 counts[1-4] (While counting 4, hold right fist and stretch thumb to raise right arm from bottom)

5-8 Put left toe and drop the heel for 4 counts[5-8] (While counting 4, left palm facing the sky and raise left arm from bottom)

9-12 Step RF cross over LF[1], step LF back[2], step RF to R side[3], step LF cross over RF[4]

13-16 Step RF cross over LF[5], step LF back[6], step RF to R side[7], step LF cross over RF[8]

**Last Update - 8 Oct. 2021**

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