

You Are Good (Worship LD)

COPPER KNOB
BY STEPHEN METZ

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

墙数: 2

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
