

# It's a Good Thing

**COPPER** KNOB  
BY STEPHEN HETS

拍数: 32                      墙数: 2                      级数: Beginner  
编舞者: Sandy Carty Hodges (USA) - July 2022  
音乐: It's a Good Thing - Eric Dodge



(Dedicated to my Brio class)

INTRO: 24 ( slow count) No tags/No restarts

**SECTION ONE: RIGHT ROCK RECOVER LEFT, CROSS, LEFT ROCK RECOVER RIGHT, CROSS, ROCKING CHAIR, RIGHT ROCK RECOVER LEFT, STEP TOGETHER.**

1&2                      Rock to the right, on right foot, recover on left foot, cross right over left.  
3&4                      Rock to the left, on left foot, recover on right foot, cross left over right.  
5&6&                      Rock forward on right, back on left, back on right, forward on left.  
7&8                      Rock to the right, on right foot, recover on left, step right next to left.

**SECTION TWO: ROCK LEFT RECOVER RIGHT, CROSS, RIGHT ROCK RECOVER LEFT, CROSS, ROCKING CHAIR, LEFT ROCK RECOVER RIGHT, STEP TOGETHER.**

1&2                      Rock to the left, on left foot, recover on right foot, cross left over right.  
3&4                      Rock to the right on right foot, recover on left, cross right over left,  
5&6&                      Rock forward on left, back on right, back on left, forward on right  
7&8                      Rock to the left, on left foot, recover on right, step left next to right.

**SECTION THREE: SUGAR FOOT RIGHT AND LEFT, COASTER RIGHT, ROCK RECOVER ½ TURN RIGHT**

1&2                      Touch right toe next to left foot, scuff left heel, stomp right foot,  
3&4                      Touch left toe next to right foot, scuff left heel, stomp left foot.  
5&6                      Step back on right, step back on left, step forward on right.  
7&8                      Rock forward on left, recover on right while making ½ turn to the right, step on left.

**SECTION FOUR: TOE SWITCHES RIGHT AND LEFT, HEEL SWITCHES FORWARD AND BACK, WALK, WALK, KICK BALL CHANGE.**

1&2&                      Touch right toe to right side and together, touch left toe to left side and together.  
3&4&                      Touch right heel out and back, touch left toe out and back,  
5,6                      Walk right, walk left,  
7&8                      Kick out right foot, step on ball of right foot, step on left foot.

E.O.D: Start dance again, have a great time and smile. ( EMAIL: SANDYUTAH82@GMAIL.COM)

Last Update: 28 Feb 2023