

Go Head With Your Best Life

COPPERKNOB
STYLESHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Heather Joffer (USA) & Brenda Dorsey (USA) - February 2023
音乐: Best Life - Spencer Ludwig
或: Gotta Good Feelin' - Pigeon John



Won 3rd place Intermediate Division at Fort Wayne Dance For All

Alt. Music: Gotta Good Feelin' by Pigeon John (this has no tag)

TAG - 2 Count Tag

Intro: 32 Counts or 16 Count Intro with optional 16 Count Dance Intro- only to be done once at beginning of song

Optional 16 Dance Intro

[1-8] Model Walk R, L, Knees Out In Out, ½ R Paddle Turn, Step

&1&2 Hitch R knee (&) Walk forward R, crossing R in front of L (1) Hitch L Knee (&) Walk forward L, crossing L in front of R (2)
3&4 Step forward R bending both knees and toes out (3) Bend both knees and toes inward (&) Bend both knees and toes out taking weight on R (4) Styling: Gradually bend lower as toes go out, in, out.
5&6& Step L forward (5) Turn ¼ R (&) [3:00] Step L forward (6) Turn 1/8 R (&) [4:30]
7&8 Step L forward (7) Turn 1/8 R (&) [6:00] Step L slightly forward (8) [6:00]

[9-16] Model Walk R, L, Knees Out In Out, ½ R Paddle Turn, Step

&1&2 Hitch R knee (&) Walk forward R, crossing R in front of L (1) Hitch L knee (&) Walk forward L, crossing L in front of R (2)
3&4 Step forward R bending both knees and toes out (3) Bend both knees and toes inward (&) Bend both knees and toes out taking weight on R (4) Styling: Gradually bend lower as toes go out, in, out.
5&6& Step L forward (5) Turn ¼ R (&) [9:00] Step L forward (6) Turn 1/8 R (&) [10:30]
7&8 Step L forward (7) Turn 1/8 R (&) [12:00] Step L slightly forward (8) [12:00]

#32 Count Dance

[1-8] Kick & Rock & Kick & Stomp, Traveling Heel Swivel, Hitch

1&2& Kick R forward (1) Step R next to L (&) Rock L to L (2) Recover R (&)
3&4 Kick L forward (3) Cross L over R (&) Stomp R next to L (4)
5&6 Twist R toe to R (5) Twist R heel to R (&) Twist R toe to R (6) Styling: Gradually lean to R as you twist to R
7&8 Twist R toe to L (7) Twist R heel to L (&) Hitch R knee up (8) Styling: Gradually Stand upright as you twist L [12:00]

[9-17] Walk, Walk, Mambo, Back, Drag, Coaster Cross, Ball, Cross

1,2 Turn 1/8 R. Walk R (1) Walk L (2) [1:30]
3&4 Rock R forward (3) Recover weight on L (&) Step back on R slightly (4) [1:30]
5,6 Take a big step back on L (5) Drag R heel back to L – with R toe up (6)
7&8 Cross R behind L (7) Step L to L while turning 1/8 turn L (&) Cross R over L (8) [12:00]
&1 Step L to L (&) Cross R over L (1) [12:00] Note: This is the beginning of the 3rd 8 count section

[18-24] Step, Sailor 3/8 R Turn, Walk, Cross, Walk, Turning Hitch

2 Step L to L (2)

- 3&4 Step R behind L Turning 1/4 R (3) Step L next to R (&) Step R Forward turning 1/8 R (4) [4:30]
- 5,6 Walk forward on L (5) Cross R over L while bending knees to dip. Tuck elbows in, hands out while snapping fingers (6) [4:30]
- 7,8 Step L forward (7) Turn 3/8 L on L foot while R is hitched – use R leg as momentum to turn and hitch R knee (8) [12:00]

[25-32] Side, Behind, Side, Cross, ¼ R Turn, Rock Back, Recover, Step, Cross, ½ L Unwind

- 1 Step R to R (1)
- 2&3 Step L behind R (2) Step R to R (&) Cross L heel over R (3)
- 4 Turn ¼ R Transferring weight to L while popping R knee (4) [3:00]
- 5&6 Rock back on R lifting L knee up for a pop (5) Recover weight on L (&) Step forward on R (6)
- 7,8 Cross L toe behind R (7) Unwind ½ L taking weight on L (8) [9:00]

****2 Count Tag: After completing 8 rotations. Facing 12:00**

****2 options for tag**

- 1,2& Lower to squat position, throwing both hands up making jazz hands (1) Pop up to standing position (2) Lower hands (&) Styling: Feel free to drop down to low squat, right above floor on count 1
- OR
- 1,2& Stepping in place, step on R foot, throwing both hands up in air with jazz hands (1) Step L to L side, keeping hands in air (2) Lower hands (&)

Teaching notes for tag: The 8th wall starts on 3:00, after 32 counts of dancing, you cross unwind and end up facing 12:00. Tag starts at 12:00.

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