

# Worry B Gone for Good

COPPER KNOB  
BY STEPHEN

拍数: 64      墙数: 2      级数: High Beginner  
编舞者: Patti McDowell (USA) - 6 October 2022  
音乐: Worry B Gone - Chris Stapleton



## #16 count intro

### DIAGONAL STEPS FORWARD w/IN, OUT

- 1 - 2      Step diagonally forward to the right with right foot, touch left next to right
- 3 - 4      Touch left toe to left side, touch toe next to right foot
- 5 - 6      Step diagonally forward to the left with left foot, touch right next to left
- 7 - 8      Touch right toe to right side, touch toe next to left foot

### SAILOR STEPS BACK

- 1 & 2      Step right behind left, step left to left side, step right to right side
- 3 & 4      Step left behind right, step right to right side, step left to left side
- 5 & 6      Step right behind left, step left to left side, step right to right side
- 7 & 8      Step left behind right, step right to right side, step left to left side

### LINDY RIGHT, ROCK, RECOVER w/TOE STRUTS

- 1 & 2      Step right to right side, step left together, step right to right side
- 3 - 4      Rock back on left, recover on right
- 5 - 6      Left toe strut
- 7 - 8      Right toe strut

### LINDY LEFT, ROCK, RECOVER w/TURNING 1/4 RIGHT TOE STRUT, LEFT TOE STRUT

- 1 & 2      Step left to left side, step right together, step left to left side
- 3 - 4      Rock back on right, recover on left
- 5 - 6      Right toe strut turning 1/4 right
- 7 - 8      Left toe strut in place

### SHUFFLE FORWARD, ROCK FORWARD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER

- 1 & 2      Shuffle forward right, left, right
- 3 - 4      Rock forward on left, recover on right
- 5 & 6      Shuffle back left, right, left
- 7 - 8      Rock back on right, recover on left

### SLOW JAZZ RIGHT FOR 8 COUNT TURNING 1/4 TO THE RIGHT

- 1 - 2      Step right toe over left foot, lower heel
- 3 - 4      Step back on left toe, lower heel turning 1/4 to the right
- 5 - 6      Step to right side on right toe, lower heel
- 7 - 8      Step left toe next to right foot, lower heel

### ROCK OUT TO SIDE w/CROSS SHUFFLE (RIGHT & LEFT)

- 1 - 2      Rock right foot to right side, recover on left
- 3 & 4      Cross shuffle right foot over left foot (right, left, right)
- 5 - 6      Rock left foot to left side, recover on right
- 7 & 8      Cross shuffle left foot over right foot (left, right, left)

### K - STEP

- 1 - 2      Step forward on right foot, step left next to right
- 3 - 4      Step back on left foot, step right next to left

5 - 6            Step back on right foot, step left next to right  
7 - 8            Step left foot forward, step right next to left

**BEGIN AGAIN! NO TAGS, NO RESTARTS! ENJOY!!!**

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