

Good To Be Back Home

COPPER KNOB
BY STEPHEN HETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - October 2023
音乐: Back Home Again - Trisha Yearwood : (album: Songs Of The Year)



Start after 16 count intro – approx. 8 secs – 120bpm – 4mins 18 secs

Music Available: Amazon

[1-8] Walk fwd R/L, R fwd rock/recover, ¼ R, R to R side, cross L over R, R side, L behind, ¼ R, R fwd, L fwd

1-2 Step R forward, step L forward
3&4 Rock R forward, recover weight on L, turning ¼ right step R side (3 o'clock)
5-6 Cross step L over R, step R side
7&8 Cross step L behind R, turning ¼ right step R forward, step L forward (6 o'clock)

[9-16] R fwd rock/recover, R coaster cross, L side, touch R tog, R kick ball cross

1-2 Rock R forward, recover weight on L
3&4 Step R back, step L together, cross step R over L
5-6 Step L side, touch R together
7&8 Kick R forward, step R back, cross step L over R

[17-24] R side, L behind, ¼ R, R shuffle fwd, L side rock/recover, L together, R side rock/recover

1-2 Step R side, cross step L behind R
3&4 Turning ¼ right step R forward, step L together, step R forward (9 o'clock)
5-6& Rock L side, recover weight on R, step L together
7-8 Rock R side, recover weight on L

[25-32] R cross behind, ¼ L, L fwd, R shuffle fwd, L side, R tog, L side, R tog, L fwd

1-2 Cross step R behind L, turning ¼ left step L forward, (6 o'clock)
3&4 Step R forward, step L together, step R forward
5-6 Step L side, step R together
7&8 Step L side, step R together, step L forward

[33-40] R side, L tog, R side, L tog, R back, L back rock/recover, ½ R turning shuffle

1-2 Step R side, step L together
3&4 Step R side, step L together, step R back
5-6 Rock L back, recover weight on R
7&8 Turning ½ right step L back, step R together, step L back (12 o'clock)

[41-48] R back rock/recover, ½ L turning shuffle, ½ L turning shuffle, R fwd, pivot ½ L

1-2 Rock R back, recover weight on L
3&4 Turning ½ left step R back, step L together, step R back (6 o'clock)
5&6 Turning ½ left step L forward, step R together, step L forward (12 o'clock)
7-8 Step R forward, pivot ½ left (6 o'clock)

Non-turning option: 3&4 – R shuffle forward, 5&6 – L shuffle forward

WALLS 3 & 5 RESTART: After 48 counts restart the dance facing back wall

[49-56] R/L fwd cross points, R jazz box cross

1-4 Cross step R forward, point L side, cross step L forward, point R side
5-8 Cross step R over L, step L back, step R side, cross step L over R

[57-64] R side rock/recover, R behind, L side, R cross, L side rock/recover, L sailor

1-2 Rock R side, recover weight on L
3&4 Cross step R behind L, step L side, cross step R over L

5-6 Rock L side, recover weight on R
7&8 Cross step L behind R, step R side, step L side

ENDING – After wall 8 you will be facing front wall, now dance the following ending:

1-2 Step R forward, step L forward
3&4 Rock R forward, recover weight on L, step R back
5 Step L back and hold

Last Update - 26 Nov 2026 - R1
