

Gonna Be Great!

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Easy Beginner
编舞者: Liz Atkinson (USA) - November 2023
音乐: Gonna Be a Good Day - Rayelle



#32 count introduction - NO Tags or Restarts

S1: JUMP FWD, CLAP, HIP BUMPS (RR-LL-R-L)

&1, 2 [&1] Jump fwd RF-LF with feet hip width apart, [2] clap
3, 4 Bump hips R-R (double R)
5, 6 Bump hips L-L (double L)
7, 8 Bump hips R-L (singles) *You may like to add a little dip here for styling

S2: GRAPEVINE R & L

1, 2, 3, 4 Step RF to R side, step LF behind RF, step RF to R side, touch LF beside RF
5, 6, 7, 8 Step LF to L side, step RF behind LF, step LF to L side, touch RF beside LF

S3: MODIFIED ROCKING CHAIR X2*

1 & 2 [1]Stomp RF fwd, [&]twist heels R (weight on balls of both feet), [2]twist heels center (recover weight LF)
3, 4 Rock RF back, recover LF
5 & 6 [5]Stomp RF fwd, [&]twist heels R (weight on balls of both feet), [6] twist heels center (recover weight LF)
7, 8 Rock RF back, recover LF

***Newer dancers may leave out the heel twist to perform 2 ordinary rocking chairs**

S4: V-STEP, WALK AROUND 1/2R

1, 2 Step RF to fwd/R diagonal, step LF to fwd/L diagonal
3, 4 Step RF back to center, step LF beside RF
5, 6, 7, 8 Walk around 1/2R to back wall RF-LF-RF-LF (6:00)

***Ending: At the end of the 11th wall, walk a full circle to the front after the V-Step (rather than 1/2 to the back)**

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