

# One Good Thing

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: High Beginner  
编舞者: Inge Vestergård (DK) - February 2025  
音乐: One Good Thing - Aloe Blacc



**Intro: 8 counts from beginning of track. App. 4 secs. Weight on L foot.**  
**Tag after wall 4 and wall 9. See description at bottom of page.**

## **Sec. 1: Walk R – L, R Shuffle fwd, L Rock Step, L Coaster Cross**

1–2      Walk R, Walk L  
3&4      Step R fwd, Step L next to R, Step R fwd  
5– 6      Rock L fwd, Recover on R  
7&8      Step L back, Step R next to L, Cross L over R

## **Sec. 2: R Side Step, L Cross Back, ¼ Shuffle R, 2 x Cross Point**

1–2      Step R to R side, Cross L behind R  
3&4      Turn ¼ R stepping R fwd, Step L next to R, Step R fwd. (3:00)  
5–8      Cross L over R, Point R to R side, Cross R over L, Point L to L side

## **Sec. 3: L Jazzbox Backwards, R Jazzbox ¼ Turn R, L Step Lock Step**

1-3      Cross L over R, Step R Back, Step L diagonal Back  
4-6      Cross R over L, ¼ turn R stepping Back on L, Step R to R side (6:00)  
7&8      Step fwd L, Lock R behind L, Step fwd L

## **Sec. 4: R Rocking Chair, ½ Pivot L, ¼ Pivot L**

1-4      Rock R fwd, Recover L, Rock R back, Recover L  
5-6      R step fwd, ½ turn L stepping fwd on L (12:00)  
7-8      R step fwd, ¼ turn L stepping fwd on L (9:00)

## **Tag after wall 4 facing 12 o'clock**

1-4      Cross R over L and snap fingers, Point L to L side, Cross L over R and snap fingers, Point R to R side

## **Tag after wall 9 facing 3 o'clock**

1-4      Cross R over L, Point L to L side and snap fingers, Cross L over R and snap fingers, Point R to R side  
5-8      Cross R over L, Point L to L side and snap fingers, Cross L over R and snap fingers, Point R to R side

## **Ending:**

**Wall 13 starts facing 12 o' clock. Dance the whole dance. Then do a Jazz ¼ turn R to face 12 O' Clock**

1-4      Cross R over L, ¼ turn R stepping back on L, Step R to R side, Cross L over R and POSE.

**Start all over and enjoy the great music**

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