

# Good Foot

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: John Buis - July 2007  
音乐: Good Foot (feat. Timbaland) - Justin Timberlake : (CD: Shark Tale Soundtrack)



## HEEL, STEP, HEEL, STEP, SKATES, HEEL, STEP, HEEL, STEP, SKATES

- 1&      Touch right heel diagonally forward, step right together
- 2&      Touch left heel diagonally forward, step left together
- 3&4      Skate Right, skate left, skate right
- 5&      Touch left heel diagonally forward, step left together
- 6&      Touch right heel diagonally forward, step right together
- 7&8      Skate left, skate right, skate left

## BACK, BACK, BUMP BACK 2X, BACK, BACK, BUMP BACK 2X

- 1-2      Step right diagonally back, step left diagonally back
- 3&4      Touch right diagonally back and bump hips right, left, right
- 5-6      Step left diagonally back, step right diagonally back
- 7&8      Touch left diagonally back and bump hips left, right, left

## ROLLING VINE - TOUCH, STEP - BODY ROLE 2X

- 1-2-3-4      Turn  $\frac{1}{2}$  right and step right forward, turn  $\frac{1}{2}$  right and step left back, turn  $\frac{1}{4}$  right and step right to side, touch left together
- 5-6      Step left to side (body roll), right step together
- 7-8      Step left to side (body roll), right step together

## BOUNCE STEP SIDE WITH HIP, TOGETHER, TURN $\frac{1}{2}$ RIGHT IN 2E POSITION - WIDE STEP SIDE, TOGETHER, KNEE POP'S RIGHT-LEFT-RIGHT-RIGHT

- 1&2      Rock left to side and bump hips left, recover to right, step left together
- 3-4      Turn  $\frac{1}{2}$  right and step right to side, left step together
- 5&6&      Swivel right knee to left (bounce down & up), step right in place and swivel left knee to right (bounce down & up)
- 7&8&      Step left in place and swivel right knee to left (bounce down & up), step left in place and swivel right knee to left (bounce down & up)

## REPEAT

### Alternative sexy moves for last 6 counts

- 3-4      Turn  $\frac{1}{2}$  right and step right to side, step left together
- 5      Go down knees closed
- 6      Come up from sit position (stretch your legs first, keep back stretched down forward)
- 7-8      Roll upper body slowly to an all standing position

**TAG: Free style for 16 counts after walls 3 and 6**