

Goodies

COPPER KNOB
STEPSHETS

拍数: 48 墙数: 4 级数: Intermediate/Advanced
编舞者: Alice Lim (SG) - December 2004
音乐: Goodies (feat. T.I. & Jazze Pha) - Ciara



1 2 Step R to side, Touch L behind
Arm: @ CT 2 slash L fist dia. down in a curve to R side (as if L hand is holding a knife)
&3&4 Jump to L side, Touch R behind L, Jump to R side, Touch L behind R
Arm: Optional - @3 slash R fist dia. down to L side and @4 slash L fist dia. down to R side
5&6 Rolling Vine to L - 1/4 turn L, 1/2 turn L, 1/4 turn L ending with Ls apart
7 Squat & at same time slap thighs with hands (7), & While still squatting, punch both fists down - R fist in front & L fist behind
8 Jump up to close Ls
Arm: While jumping up, move both fists up as if you are zipping up a jacket both in front & behind

(R fist will end in front of upper chest & with R lower arm in horizontal position)

**SIDE, TOUCH,
SIDE, TOUCH,
ROLLING VINE,
BACK, TOUCH**

1 2 Big step to
R, Touch L
together

3 4 Big step to
L, Touch R
together

Arm: @1 swing

R arm clockwise

*3/4 of a big
circle ending*

*with arm by the
side*

@2 Bring L fist
to chest level
with L lower arm
horizontal

@3 mirror

image of arm
movement for ct. 1
(swing anti-
clockwise)

@4 mirror

image of arm
movement for ct.
2

5&6 Rolling vine
to R - 1/4 turn
R, 1/2 turn R,
1/4 turn R
ending with Ls
together

7&8 Big step
back with LL,
Touch R
together

Arm: @7 push

*both fists fwd as
you step back*

**SIDE, STOMP,
SIDE, STOMP,
STOMP &
STOMP, FWD-
TURN-
TOGETHER**

1 2 Big step R
to side (1),
Stomp L tog.
(2)

Arm: While stepping to R, bring R arm & fist to the front (arm straight & knuckles facing down towards floor)

& rotate fist round 2 small circles as if stirring a cup of coffee placed on a low table in front of legs for counts 1& (stir just 1 circle for ct. 1 only if you find 2 circles difficult to co-ordinate) @2 while stepping L tog. return R arm to the side

Optional : while moving R arm to side @ count 2, raise L hand with lower arm vertical & palm facing 3.00
3 4 Big step L to side, Stomp R tog

Arm: While stepping to L, slap R hand on R side of R thigh 2X for counts 3&

Optional : @4 while stomping RL, raise R hand (R lower arm vertical) so that palm faces 9.00

5&6 Stomp R fwd making 1/8 turn R, Raise R, Stomp R fwd again making another 1/8 turn R (3.00)

*Arm: @5&6,
with hands
apart in front of
chest & palms
facing each
other, glide R
hand up-down-
up*

while L hand
goes down-up-
down (as if you
are rubbing yr
hands except
that palms do
not touch each
other)

7&8 Step L fwd,
Pivot 1/2 turn R,
L tog. (9.00)

**FWD,
TOGETHER,
SIDE,
TOGETHER,
TOE
SWITCHES,
KICK-
TOGETHER-
FWD**

1 2 Step R fwd,
L tog.

*Arm: While
stepping R fwd,
with lower arms
in horizontal
position &
in front of chest,
roll R fist over L
fist*

in 2 small
circles for
counts 1& (roll 1
circle for ct. 1
only if you find 2
circles difficult
to co-ordinate)

@ 2 keeping L
lower arm

horizontal, raise
R arm to vertical
position as if
showing bicep
(muscle)

3 4 Big step to
R, L tog.

Arm: @ 3 move
R hand over
head as if
combing hair
from L side of
head to the
back ending
behind R ear
@ 4 punch L fist
out to side
5&6& Twist
1/4R touching R
toe fwd, R tog,
touch L toe fwd,
Step back
slightly on L
making 1/4R
(3.00)
7&8 Kick R fwd,
R tog., Step L
fwd

**HEEL
SWITCHES,
BUMP-BUMP-
TWIST, KICK-
TOGETHER-
FWD**

1&2& Touch R
heel fwd, R tog,
Touch L heel
fwd, L tog
3&4 Touch R
heel fwd, Turn
head to look R,
Head back to
centre
Arm: @3 click R
fingers with R
hand in front of
chest
5&6 Turning 1/4
L bump R hip,
bump L hip,
Twist 1/4L wt
ending on RL
(9.00)
7&8 Kick L fwd,
L tog, Step R
fwd

**STEP-HOLD-
TWIST, KICK-
TURN-STEP
X2, HEEL-TOG-
DIG**

1&2 Step L to side (Ls apart),
Hold, Twist
1/4R wt ending on RL (12.00)
Arm: @1 touch L fingers on L shoulder, elbow pointing towards floor

(imagine that head & body form a door while L arm forms the handle)

@& grab L arm with R hand (as if grabbing handle of door)

@3 pull on L arm as you twist 1/4 R (as if opening the door)

3&4 Kick L fwd, Step slightly back on L turning 1/2 R, Step R fwd (6.00)

5&6 Repeat above steps (12.00)

7&8 Touch L heel fwd, L tog, Dig R heel fwd
Arm: @8, punch both fists down in front crossing arms at the wrists

PHRASING:

12.00: Full dance (48 cts)
32 counts
3.00: 32 cts
6.00: Full dance 32 cts
9.00: Full dance 32 cts
After that, 32 cts each for remaining 5 walls

FINISH:

After 32 cts at the last wall, you will be facing 3.00. For the extra one count of music, step R to side turning 1/4L to finish facing front.

If you are using Track 1, music is shorter by 64 cts. So you will end facing 9.00. To finish facing front, step R to side turning 1/4R for the extra count.
