

It's Good To Be Us

COPPER **KNOB**
BY STEPHENETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Linda Wolfe (AUS), Robyn Groot (AUS), Gary Parker (AUS) & Cheryl Parker (AUS) - October 2007
音乐: It's Good To Be Us - Bucky Covington : (Album: Bucky Covington)



Dance begins after 24 counts

TURN 1/2 MONTEREY, SIDE SHUFFLE L.R.L, 1/2 MONTEREY, SIDE SHUFFLE L.R.L

123&4 Weight on Left, point Right to Right side, 1/2 turn Right step Right next to Left, side shuffle L.R.L
567&8 Weight on Left, point Right to Right side, 1/2 turn Right step Right next to Left, side shuffle L.R.L

RIGHT KICKBALL CHANGE, RIGHT SAILOR, LEFT KICKBALL CHANGE, LEFT SAILOR

1&23&4 Right kickball change, Right sailor step, R.L.R
5&67&8 Left kickball change, Left sailor step, L.R.L

CROSS, HOLD, &, CROSS, &, CROSS SIDE HEEL, & CROSS SIDE HEEL, & STEP

12&3&4 Cross Right over Left, hold, step Left to side, cross Right over Left, step Left to side, cross Right over Left
&5&6 Step Left to Left side, touch Right heel 45 deg Right, step Right next to Left, step Left over Right
&7&8 Step Right to Right side, touch Left heel 45 deg. Step Left next to Right, step fwd Right

STEP LEFT 1/2 PIVOT RIGHT, 1/2 SHUFFLE BACK L.R.L, ROCK BACK, ROCK FWD, TURN 1/4, 1/2

123&4 Step fwd Left, 1/2 pivot Right, weight on Right, 1/2 turn Right, shuffle back L.R.L,
5678 Rock back Right, rock fwd Left, turn 1/4 Left step Right to side, turn 1/2 Left, step Left to Left side

HEEL 1/4 TURN TOEDROP, FWD COASTER, REVERSE PIVOT STEP, BACK TOGETHER FWD (COASTER)

123&4 Touch Right heel fwd turning 1/4 Right, drop Right toe, weight on Right, step fwd Left, step Right next to Left, step back Left
5&67&8 Touch Right back behind Left, unwind 1/2 Right, replace weight on Left, step back on Right, step back Left, step Right together, step fwd Left (Coaster step)

STEP FWD RIGHT, HOLD, TURN 360 DEG RIGHT L.R, STEP FWD LEFT, HOLD, TURN 360 DEG. LEFT R.L

1234 Step fwd Right, hold, turning 360 deg. Right, travelling forward L.R,
5678 Step fwd Left, hold, turning 360 deg. Left, travelling forward R.L.

RESTART - 2ND WALL

ROCK FWD, REPLACE, 1/4 SIDE SHUFFLE, 1/2 TURN SIDE SHUFFLE L.R. 1/4 TURN, STEP 1/2 PIVOT

123&4 Rock fwd Right, replace weight Left, 1/4 turn Right side shuffle R.L.R
5&678 1/2 turn Left, side shuffle Left, Right 1/4 turn Left, step fwd Right pivot 1/2 Left, weight on Left

TURN 1/2 PIVOT, BOX STEP R.L.R., L STEP FWD RIGHT, STEP FWD LEFT

123456 Step fwd Right, 1/2 pivot Left weight on Left, box step R.L.R.L.
78 Step fwd Right, step Left together

Begin again.

RESTART - ON 2 WALL AFTER COUNT 48 - FACING BACK WALL

Ending:

Finish dance facing back wall doing ½ turn sailor step on count 15&16 to face the front.
