

# Good To Be Back

COPPER KNOB  
BY STEPHEN HETS

拍数: 48                      墙数: 4                      级数: Intermediate  
编舞者: John Robinson (USA) - February 2008  
音乐: It's Good to Be Back - Chris Cagle : (CD: My Life's Been A Country Song)



**INTRO: 24-count intro (start with main vocal).**

Count this song as 1&2&3&4. Note: The phrasing will get wacky after the first four repetitions, just ignore it and enjoy the dance; you'll finish facing the back wall (6:00) on the three running stomps.

## ROCK-RECOVER-STEP BACK, COASTER STEP, STOMP FORWARD X3, SYNCOPATED SIDE POINTS

1&2                      \*Rock & drag\* R rock forward (1), recover to L (&), R large step back dragging L toward R (2)  
3&4                      \*Coaster step\* L step ball of foot back (3), R step ball of foot next to L (&), L step forward (4)  
5&6                      \*Stomp-stomp-stomp\* Run forward stomping feet R (5), L (&), R (6)  
7&8                      \*Point & point\* L toe touch side left (7), L step next to R (&), R toe touch side right (8)

## TURN 1/2 RIGHT STEPPING L-R, CROSS SHUFFLE, SIDE STEP W/HIP SWAY, HIP SHAKE

1,2                      \*Skate, skate\* R skate turning body toward 1:30 (1), L skate turning body to 9:00 (2)

**Styling: Add syncopated shoulder shrugs to skates.**

3&4                      \*Step-lock-step\* R step forward (3), L lock-step behind R (&), R step forward (4)  
5&6&                      \*Hip & hip & \* L touch side left starting to shake hips left while pulsing L knee out-in (5&), out-in (6&)  
7&8                      \*Hip & hip\* Continue shaking hips left while pulsing L knee out-in-out (7&8)

**Styling: While executing hip shakes, snap left fingers down and out next to left hip.**

## CROSS ROCK-RECOVER & CROSS ROCK, 1/4 TURN LEFT, 1/2 TURN LEFT, 1/2 TURN LEFT, COASTER STEP

1&2&                      \*Cross, rock & \* R rock forward across L (1), recover to L (2), R step next to L (&)  
3,4                      \*Cross, quarter\* L rock forward across R (3), recover to R stepping R back turning 1/4 left (6:00) (4)  
5,6                      \*Half, half\* Pivot 1/2 left (12:00) stepping L forward (5), pivot 1/2 left (6:00) stepping R back (6)  
7&8                      \*Coaster step\* L step ball of foot back (7), R step ball of foot next to L (&), L step forward (8)

## STOMP SIDE, BACK ROCK & STOMP SIDE, BACK ROCK &, STEP-LOCK-STEP-STEP, SAILOR TURNING 1/2 RIGHT

1,2&                      \*Side, rock & \* R stomp side right (1), L rock behind R (2), recover to R (&)  
3,4&                      \*Side, rock & \* L stomp side left (3), R rock behind L (4), recover to L (&)  
5&6&                      \*Step-lock-step-step\* R step forward diagonally right (7:30) (5), L lock-step behind R (&), R step forward diagonally right (7:30) (6), L step forward diagonally left (4:30)  
7&8                      \*Sailor turn\* Sweep R stepping ball of foot behind L prepping body for 1/2 turn right (7), L step ball of foot side left turning 1/4 right (9:00) (&), R step forward turning 1/4 right (12:00) (8)

## ANGLED STEP FORWARD-TOUCH, STEP BACK, KICK, BEHIND-SIDE-CROSS, ANGLED STEP FORWARD-TOUCH, STEP BACK-KICK, BEHIND-SIDE-FORWARD

1&2&                      \*Forward & back & \* L step forward diagonally left (11:30) (1), R touch behind L (&), R step back home (2), L kick forward diagonally left (11:30) (&)  
3&4                      \*Behind-side-cross\* L step behind R squaring up to 12:00 (3), R step side right (&), L step across R (4)  
5&6&                      \*Forward & back & R\* step forward diagonally right (1:30) (5), L touch behind R (&), L step back home (6), R kick forward diagonally right (1:30) (&)  
7&8                      \*Behind-side-forward\* R step behind L squaring up to 12:00 (7), L step side left (&), R step forward (8)

**STEP FORWARD, 1/4 TURN RIGHT, CROSS-BACK-BACK, SWAY HIPS, HIP SHAKE LEFT**

- 1,2            \*Step, turn\* L step forward (1), pivot 1/4 right (3:00) shifting weight to R (2)
- 3&4           \*Cross-back-back\* L step forward across R (3), R step back side right (&), L step side left  
shoulder-width apart from R (4)
- 5,6           \*Sway, sway\* Sway hips right (5), sway hips left (6)
- &7&8        \*Hip shake left\* Shake hips right-left (&7), right-left (&8)

**START AGAIN AND ENJOY!**

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