

Not A Bad Thing

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate / Advanced
编舞者: Will Craig (USA) & Holly Easom (USA) - April 2014
音乐: Not a Bad Thing - Justin Timberlake



[1-8] Walk Walk and Hook, Coaster Step, Rock Recover, Back Lock Half Turn

- 1 2 Walk diagonally right, Continuing on the diagonal Walk Left
&3 4 Step the right foot forward, Hook left foot behind the right foot while sweeping the right foot from front to back putting weight onto right foot (styling for the sweep bring right foot up by left leg instead of out and around)
&5 6 Bring left foot beside right foot, Step right foot forward, Rock left foot forward
7&8& Step back onto right foot, cross left foot over right foot, step right foot back, Make 1/2 turn left stepping left foot forward (6 o Clock)

[9-16] Rock Step and Rock Step, Walk Walk and Half Turn Cross

- 1 2& Rock right foot forward, Recover weight onto left foot, Bring right foot next to left foot
3 4& Rock left foot forward, Recover weight onto right foot, Bring left foot next to right
5 6 Walk diagonally left stepping right, Left
7&8 Make 1/2 turn left stepping back on the right foot, Step left foot to left side, Cross right foot over left (12 o Clock)

[17-24] Half Night Club 2 Step Left, Walk Walk 1/4 Turn, Full Turn, 1/2 Turn

- 1 2& Step left foot to left side, Rock right foot back and slightly behind left foot, Recover weight onto left foot
3 4& Step diagonally right with the right foot, Continue on the diagonally right stepping left foot forward, Make 1/4 turn left stepping right foot back
5 6 Rock left foot back, Recover weight onto right foot
7 8 Make 1/2 turn right stepping left foot back, Make 1/2 turn right stepping right foot forward (9 o Clock)

[25-32] 1/4 Turn Half Night Club 2, 1/4 Turn, 1/2 Turn, Spiral Turn, Step

- 1 2& Make 1/4 turn right stepping left foot to left side, Rock right foot back and slightly behind left foot, Recover weight onto the left foot
3 4 Make 1/4 turn right stepping right foot forward, Step left foot forward
5 6 Make 1/2 turn right putting weight onto right foot, Step forward on the left foot
7 8 Turn full turn right ending with right foot crossed over left, Step right foot forward (9 o Clock)

[33-40] 1/4 Turn Side Behind Side 1/4 Turn, Step, Rock Recover 1/2 Turn, Rock Recover Step

- 1 2& Make 1/4 turn right Stepping left foot to left side, Step right foot behind left foot, Make 1/4 turn left stepping left foot forward
3 4 Walk forward right , Left
5&6 Rock right foot forward, Recover weight onto the left foot, Make 1/2 turn right stepping right foot forward
7 8& Recover weight onto left foot, Replace weight onto right foot, Step left foot next to right (3 o Clock)

[41-48] Walk Side Together Forward, Side Together Rock Back, Rock 1/4 Turn Cross

- 1 2& Step right foot Forward, Step left foot to left side, Step right foot next to left
3 4& Step left foot forward, Step right foot to right side, Step left foot next to right foot
5 6 Rock back on right foot, Recover weight onto left foot
7&8 Rock right foot forward, Make 1/4 turn left while recovering weight onto left foot, Cross right foot over left (12 o Clock)

[49-56] Touch Side, Touch Together, Side, Sailor 1/4 Turn, Rock Recover and Rock Recover

- 1&2 Touch left foot to left side, Touch left foot together, Step left foot to left side
3&4 While making a 1/4 turn right Step right foot behind left foot, Step left foot next to right foot, Step right foot forward
5 6& Rock left foot Forward, Recover weight onto right foot, Bring left foot next to right foot
7 8& Rock right foot forward, Recover weight onto left foot, Step right foot next to left foot (3 o Clock)

[57-64] Box Step with 1/2 Turn, Side Rock Recover, Side Rock Recover, Touch Forward and Together

- 1 2 Cross left foot over right foot, Step right foot back
3 4 Make 1/2 turn left stepping left foot forward, Step right foot to right side
5&6 Rock left foot behind right foot, Recover weight onto right foot, Step left foot to left side
7&8& Rock right foot behind left foot, Recover weight onto left foot, Touch right foot forward and diagonally right, touch right foot next to left

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