

So Good For So Long

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Judy Bell (USA) - December 2015
音樂: So Good For So Long - Beccy Cole : (CD: Feel This Free - iTunes - 3:26)



Begin dance on lyrics "I can walk..."- 32 count Intro – weight on left – CCW - 1 RESTART

[1 – 8] □ □ HEEL, TOG, HEEL, TOG, STEP, ¼ TURN – REPEAT □

1&2&3, 4 Touch R heel fwd, Step R TOG, Touch L heel fwd, Step L TOG, Step R fwd, Turn ¼ L & take weight L
5&6&7, 8 Touch R heel fwd, Step R TOG, Touch L heel fwd, Step L TOG, Step R fwd, Turn ¼ L & take weight L □ (6)

[9 – 16] □ □ ROCK FWD, REPLACE, ¼ TURN, SIDE SHUFFLE, CROSS SHUFFLE, ¼ TURN, FWD SHUFFLE □

1,2, 3&4 Rock R fwd, Replace weight onto L, ¼ Turn right & step R to side, Step L TOG, Step R to side
5&6, 7&8 Step L over R, Step R to side, Step L over R, ¼ Turn right & step R fwd, Step L TOG, Step R fwd (12)

[17 – 24] □ □ ROCK FWD, REPLACE, COASTER, ROCK FWD, ¼ TURN, SIDE SHUFFLE □

1,2, 3&4 Rock L fwd, Replace weight onto R, Step L back, Step R beside L, Step L fwd
5,6, 7&8 Rock R fwd, Replace weight onto L, ¼ Turn right & step R to side, Step L TOG, Step R to side □ (3)

[25 – 32] □ □ CROSS, ¾ TURN, FWD SHUFFLE, ROCK FWD, REPLACE, COASTER □

1,2, 3&4 Cross step L over R, ¼ Turn L & step back on R, ½ Turn L & Step L fwd, step R TOG, step L fwd
5,6, 7&8 Rock R fwd, Replace weight onto L, Step R back, step L beside R, step R fwd □ (6)

[33 – 40] □ □ ACROSS, SIDE, BEHIND & HEEL &, ACROSS, SIDE, BEHIND & HEEL & □

1,2, 3&4& Step L across in front of R, Step R to the side, Step L behind R, Step R to the side, Touch L heel fwd, Step L back
5,6, 7&8& Step R across in front of L, Step L to the side, Step R behind L, Step L to the side, Touch R heel fwd, Step R back (6)

[41 – 48] □ □ CROSS ROCK, REPLACE, SIDE SHUFFLE, CROSS ROCK, REPLACE, ¼ TURN, FWD SHUFFLE □

1,2, 3&4 Step L across in front of R, Replace weight onto R, Step L side, step R TOG, step L side
5,6, 7&8 Step R across in front of L, Replace weight onto L, ¼ Turn right & Step R fwd, step L TOG, Step R fwd □ (9)

● (Restart wall 2 add step L TOG)

[49 – 56] □ □ ROCK FWD, REPLACE, COASTER, ROCK FWD, ¼ TURN, SIDE SHUFFLE □

1,2, 3&4 Rock L fwd, Replace weight onto R, Step L back, Step R beside L, Step L fwd
5,6, 7&8 Rock R fwd, Replace weight onto L, ¼ Turn right & step R to side, Step L TOG, Step R to side □ (12)

[57 – 64] □ □ CROSS, ¾ TURN, FWD SHUFFLE, ROCK FWD, REPLACE, ¼ TURN, SIDE SHUFFLE, TOG □

1, 2, 3&4 Cross step L over R, ¼ Turn L & step back on R, ½ Turn L & step L fwd, Step R TOG, Step L fwd

◆ (Step R fwd, strike a pose, hands out to each side and smile!)

5,6, 7&8& Rock R fwd, Replace weight onto L, $\frac{1}{4}$ Turn right & step R to side, Step L TOG, Step R to Side, Step L TOG (6)

[64] BEGIN DANCE IN NEW DIRECTION

Restart: Wall 2, Dance to count 48 and ADD Step L TOG restart facing side wall (3)

Finish: Wall 6, dance to count 60, Step R fwd, strike a pose, hands out to each side and smile! finish facing (12)

Dance On!!

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