

Good as You

COPPER KNOB
BY STEPHEN BARR

拍數: 32 牆數: 4 級數: Intermediate NC rhythm
編舞者: Michele Burton (USA) & Michael Barr (USA) - May 2019
音樂: Good As You - Kane Brown : (CD: Experiment - 3:13)



Lead: 16 counts - No Tags No Restarts

[1-8] NIGHTCLUB BASIC WITH ½ TURN, ROCK RETURN 1/2 RIGHT, ROCK RETURN

1 Step R side right
2 & 3 Rock L behind right; Return weight to R in place; Turn ¼ left stepping forward on L
4 & 5 Step R forward; Step L forward (feels like a curved run, run); Turn ¼ left stepping R side right
#4 & 5 should feel like a lazy 1/4 turn, being mindful to not over rotate count 5)
6 & 7 Rock L back; Return weight to R in place; Turn ½ right stepping back on L
8 & Rock R back; Return weight to L in place (facing 12:00)

[9-16] FULL SPIRAL (left), FWD TOGETHER FWD, ROCK RETURN, BACK SWEEP 2X, COASTER

1 Step forward onto ball of R into full turn left
Option: If you like you can step forward on R (count 1) in place of the spiral full turn
2 & 3 Step L forward; Step R beside L; Step L forward (strong step forward)
4 & Rock R forward; Return weight to L (feels like first two steps of a mambo)
5 - 6 Step R back, and sweep L from front to back; Step L back and sweep R from front to back
7 & 8 Step R behind left; Step L side left; Turn 1/8 left, step R forward to left diagonal (facing 10:30)

[17-24] FORWARD ROCK SIDE ROCK, BEHIND SIDE, CROSS & CROSS/SWEEP, ¼ DIAMOND

1&2& Rock L forward; Return weight to R in place; Rock L side left; Return weight to R in place (10:30)
3& Step L behind R; Step R side right (facing 12:00)
4 & 5 Cross L over R; Step R side right; Cross L over R and sweep your R from back to front
6 & 7 Step R in front of L; Turn 1/8 right, step L slightly left (facing 1:30); Step R back
8 & Step L back; Turn ¼ right, stepping R slightly side right (facing 4:30)

[25-32] PRESS RETURN, &, PRESS RETURN, STEP 1/2 TURN LEFT, CROSS SCISSOR STEP CROSS

1 - 2 Rock (press into floor) L forward (still facing 4:30 diagonal); Return weight to R in place
& Step L next to R as you turn to the diagonal (facing 1:30)
3 - 4 Rock (press into floor) R forward; Return weight to L in place
Styling: Try a slow body roll on both counts 1 and 3 when pressing into floor. Optional
& Step R next to left as you square up (facing 3:00)
5 - 6 Step L forward (prep left turn); Turn ½ left on ball of L, placing R foot next to left ankle
Option: Sweep R foot while executing ½ turn.
7&8& Step R in front of L; Step L side left; Step R next to L; Step L in front of R (facing 9:00)

BEGIN AGAIN!!

Ending: Start your 8th wall (facing 3:00). Dance 5 counts which will be a forward step on your R to 12...Ta Da!!

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