

Good News

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 2 級數: Improver
編舞者: Helen A. Walker (UK) & Vickie Schermbeck Normile (USA) - June 2019
音樂: Good News - Mandisa



Alternate music:

Crying Game by Sara Evans

Every Little Honky Tonk Bar by George Strait

Two Restarts, One Tag (8 count) – all on 6:00 wall

Dance starts after 8 counts on vocals

CHASSE LEFT, ROCK BACK-RECOVER; KICK BALL CROSS, STEP TOUCH

1&2 Step L to left; close R beside L, step L to left
3-4 Rock R back, recover weight forward on L
5&6 Kick R fwd; step R back in place, cross L over R
7-8 Step long step to R, touch L next to R

Restart on 2nd and 4th Walls – facing 6:00

LOCK STEP FORWARD, ROCK FORWARD – RECOVER; SIDE TOGETHER WITH ¼ TURN, RIGHT SIDE TOUCH

1&2 Step forward on L, close R behind L, step forward on L
3 – 4 Rock R fwd, recover weight back on L
5 - 6 Turning ¼ turn right- Step long step to R, step L next to R
7 - 8 Step long step to R, step L next to R (facing 3:00)

SIDE BEHIND WITH ¼ TURN TRIPLE; ROCKING CHAIR

1 - 2 Step L, step R behind L,
3&4 Turning ¼ left – step L, step R, step L (12:00)
5-6-7-8 Rock forward onto R, recover weight back onto L, Rock back on R, recover Weight forward onto L

JAZZ BOX WITH ¼ TURN X 2

1-2-3-4 Cross R over L, step L back, step R to side turning ¼ to right, step L next to right (3:00)
5-6-7-8 Cross R over L, step L back, step R to side turning ¼ to right, step L next to right (6:00)

KICK BALL SLIDE X 2; SIDE ROCK-RECOVER; BEHIND SIDE CROSS

1&2 Kick R fwd; step R to right side; step L next to R
3&4 Kick R fwd; step R to right side; step L next to R
5 - 6 Rock R to side, recover on L
7&8 Step R behind L, step L, cross R over L

REPEAT

TAG: 8 Count Tag after the 6th wall, facing 6:00) – Rocking Chair x 2 ;
rock fwd on L, recover back on R, rock back on L, recover fwd on R (repeat)