

The Good Ones

COPPER KNOB
BYEPOSTETS

拍數: 48 牆數: 1 級數: Improver
編舞者: Sara Magli (IT) - December 2020
音樂: The Good Ones - Gabby Barrett



Dance begin after 16 counts

Side, side, close, step, step, side, hold, together, cross, side

123&4 step L to L side, transfer weight back on R, L close to R, R step in place, step L forward
56&78 large step to R, hold (drag L towards R), L close to R, R cross over L, step L side

Back, ronde, back, ronde, coaster, forward, forward

12 step R back (sweeping L backwards anti-clockwise) 34 step L back (sweeping R backwards clockwise)
5&6 step R back, L close to R, step R forward
78 step L forward, step R forward

Forward, turn, forward, turn, forward,forward, turn, side

12 step L forward, turn $\frac{1}{2}$ right stepping fwd on R
34 step L forward, step R forward turning 1 (full turn) on left
5678 L forward, R forward turning $\frac{3}{4}$ right, finish on R foot

Cross, side, cross shuffle, full turn+1/8 rolling left

123 cross L over R, step R side, step back on L
4&5 cross R over L, step L to L side, cross R over L
678 turn $\frac{1}{4}$ L stepping L fwd, make $\frac{1}{2}$ turn L stepping back on R, turn $\frac{1}{2}$ L stepping L to L side (finish in diagonal)

(*)Rock fwd, back, coaster step, rock fwd, back, coaster step

123&4 Rock R diagonal fwd, transfer weight back on L, R back, L close to R, R forward
567&8 Rock L diagonal fwd, transfer weight back on R, L back, R close to L, L forward

(*) attention: this part is not included in the 3rd sequence

Rock fwd, back, R fwd turning $\frac{3}{8}$ on R, forward, forward turning $\frac{1}{2}$ L, back, coaster step

12 Rock R diagonal fwd, transfer weight back on L
34 step R forward turning $\frac{3}{8}$ R, step L forward
5 step R forward turning $\frac{1}{2}$ L
6 step L back on L diagonal
7&8 rock R back, close L to R, step R forward

During the 3rd sequence, restart after 40 counts [must avoid this part (*)]

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