

Good as Hell

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Laura Rittenhouse (AUS) - October 2021
音樂: Good as Hell - Lizzo



Start quickly, after very short 2 beat intro

S1: SKATE FORWARD; DOUBLE SIDESTEP BACK ON R DIAG, STEP BACK ON L DIAG

1,2,3,4 (sliding or skating feet fwd) Step R fwd at R diagonal, Step L fwd at L diagonal, Step R fwd at R diagonal, Step L fwd at L diagonal
5&6,7,8 Step R back at R diagonal, Step L beside R, Step R back at R diagonal, Step L back at L diagonal, Step L beside R (keep weight on both feet)

S2: RAMBLE RIGHT; FWD LEFT MAMBO, BACK RIGHT MAMBO

1,2,3,4 Swivel both heels right, Swivel both toes right, Swivel both heels right, Swivel both toes right
5&6,7&8 Rock fwd on L, Recover on R, Step L beside R; Rock back on R, Recover on L, Step R beside L

S3: RAMBLE LEFT; FWD RIGHT MAMBO, BACK LEFT MAMBO

1,2,3,4 Swivel both heels left, Swivel both toes left, Swivel both heels left, Swivel both toes left
5&6,7&8 Rock fwd on R, Recover on L, Step R beside L; Rock back on L, Recover on R, Step L beside R

S4: TURN R $\frac{3}{4}$ W/ TURNING SQUARE (OR SIDESTEP TURN $\frac{1}{4}$ L)

1,2,3,4 Step R to R, Touch L beside R, Turn $\frac{1}{4}$ R stepping L (3:00), Touch R beside L
5,6,7,8 Turn $\frac{1}{4}$ R stepping R (6:00), Touch L beside R, Turn $\frac{1}{4}$ R stepping L (9:00), Touch R beside L

(Alternate $\frac{1}{4}$ L turn if turning square is an issue) SIDESTEP TURN $\frac{1}{4}$ L

1,2,3,4 Step R to R, Touch L beside R, Step L to L, Touch R beside L
5,6,7,8 Turn $\frac{1}{4}$ L (9:00) stepping R to R, Touch L beside R, Step L to L, Touch R beside L)

Last Update: 14 May 2022