

Always Been Good to Me

COPPER **KNOB**
BY SHEPHERD

拍數: 60 牆數: 4 級數: Intermediate waltz
編舞者: Sheila Pfaff (USA) - September 2021
音樂: Good to Me - Rhett Walker : (Album: Good to Me; iTunes, Spotify)



Intro: 24 counts - Restarts: 2

[1-6] TWINKLE, TWINKLE

1,2,3 Step R across L (1), step L side left (2), step R together (3)
4,5,6 Step L across R (4), step R side right (5), step L together (6)

[7-12] LUNGE w/ARM MOVEMENTS, ROCK, RECOVER, CROSS BEHIND

1,2,3 Step R across L towards 11:30 lowering body into lunge position while raising arms
(Bring hands in front of eyes, palms facing forward, left elbow up toward 11:30, right elbow down toward 4:30 (1), spread arms apart moving left hand up toward 11:30 and right hand down toward 4:30 (2,3)
4,5,6 Rock L side left (4), recover R (5), cross L behind R (6)

[13-18] ROCK, RECOVER, CROSS BEHIND, SLOW 1/2 UNWIND R

1,2,3 Rock R side right (1), recover L (2), cross R behind L (3)
4,5,6 Slow turn 1/2 right on balls of feet, shifting weight R (use all 3 counts to turn){6:00} (4-6)

[19-24] 1/2 TURN L, STEP, 1/2 TURN L, STEP, 1/2 TURN R, 1/2 TURN R

1,2,3 Push off w/R making 1/2 turn left shifting weight L {12:00} (1), step R forward (2), make 1/2 turn left stepping L forward {6:00} (3)
4,5,6 Step R forward (4), turn 1/2 right stepping L back {12:00} (5), turn 1/2 right stepping R forward {6:00} (6)

[25-30] BASIC FORWARD, 1/4 TURN L w/BASIC BACK

1,2,3 Step L forward (1), step R forward (2), step L forward (3)
4,5,6 Turn 1/4 left stepping R back {3:00} (4), step L back (5), step R back (6)

[31-36] BASIC FORWARD, 1/4 TURN L w/BASIC BACK

1,2,3 Step L forward (1), step R forward (2), step L forward (3)
4,5,6 Turn 1/4 left stepping R back {12:00} (4), step L back (5), step R back (6)

Restart here during the 5th repetition, but touch R on count 6 instead of step. Restart facing 12:00.

[37-42] STEP, DRAG TOE, STEP, DRAG TOE

1,2,3 Step L forward (1), drag R toe forward (2,3)
(On the toe drag, bend knee slightly keeping knee close to L and turn body slightly left.)
4,5,6 Step R forward directly in front of L (4), drag L toe forward (5,6)
(On the toe drag, bend knee slightly keeping knee close to R and turn body slightly right.)

[43-48] STEP, DRAG TOE WITH 1/4 TURN L, CROSS STEP, STEP SIDE, BEHIND, STEP SIDE

1,2,3 Step L forward directly in front of R (1), drag R toe forward keeping close to L into 1/4 turn left {9:00} (2), step R across L (3)
4,5,6 Step L side left (4), cross R behind L (5), step L side left (6)

Restart here during the 3rd repetition. Restart facing 3:00.

[49-54] CROSS, POINT, HOLD, BEHIND, POINT, HOLD

1,2,3 Step R across L (1), point L side left (2), hold (3)
4,5,6 Step L behind R (4), point R side right (5), hold (6)

[55-60] SLOW SAILOR STEP R, SLOW SAILOR STEP L

1,2,3 Step R behind L (1), step L side left & slightly forward (2), step R forward & side right (3)

4,5,6 Step L behind R (4), step R side right & slightly forward (5), step L forward & side left (6)

START AGAIN AND ENJOY!!

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