

# 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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