

I'm Bad (But Good At It)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Helen Parkyn (UK) - July 2023
音樂: If You're Gonna Be Bad (Be Good At It) - Derek Ryan



Intro – 16 counts from just instrumental intro

RIGHT SIDE ROCK, RECOVER, RIGHT ROCK BACK BEHIND LEFT, RECOVER, RIGHT SIDE ROCK, RECOVER, CROSS STEP RIGHT OVER LEFT, EXTENDED LEFT VINE, SIDE ROCK & CROSS

1&2&3&4 – rock right to right side, recover onto left, rock right behind left, recover onto left, rock right to right side, recover onto left, cross step right over front of left

5&6&7&8 – step left to left side, cross right behind left, step left to left side, cross right over front of left, rock left to left side, recover onto right, step left across front of right

RIGHT SIDE ROCK, RECOVER, RIGHT ROCK BACK BEHIND LEFT, RECOVER, RIGHT SIDE ROCK, RECOVER, CROSS STEP RIGHT OVER LEFT, HINGE 1/2 TURN RIGHT IN 2 STEPS (6.00), STEP FORWARD, RIGHT ROCKING CHAIR.

1&2&3&4 – rock right to right side, recover onto left, rock right behind left, recover onto left, rock right to right side, recover onto left, cross step right over front of left

5&6 7&8& – step back left with 1/4 turn right (3.00), make another turn right 1/4 stepping right to right side (6.00), step forward left, rock forward on right, recover onto left, rock back right, recover onto left

***** RESTART HERE WALLS 3 AND 7 *****

RIGHT FORWARD STEP LOCK STEP, STEP FORWARD LEFT, PIVOT 1/2 RIGHT, STEP FORWARD (12.00), TRIPLE FULL TURN LEFT STEPPING RIGHT, LEFT RIGHT, (OR TRIPLE STRAIGHT FORWARD), LEFT ROCKING CHAIR

1&2 3&4 – step forward right, lock left behind, step forward right, step forward left, pivot 1/2 turn right (12.00), step forward left

5&6 7&8& – stepping forward right left right make full turn left (or step lock step straight forward), rock forward on left, recover onto right, rock back left, recover onto right

LEFT SIDE ROCK, RECOVER, LEFT ROCK BACK BEHIND RIGHT, RECOVER, LEFT SIDE ROCK, RECOVER, CROSS LEFT OVER RIGHT, RIGHT VINE WITH 1/4 TURN RIGHT ON THIRD STEP (3.00), STEP FORWARD LEFT, PIVOT 1/2 TURN RIGHT (9.00), STEP FORWARD LEFT

1&2&3&4 – rock left to left side, recover onto right, rock left behind right, recover onto right, rock left to left side, recover onto right, step left across front of right

5&6 7&8 – step right to right side, cross left behind right, step right to right side with 1/4 turn right (3.00), step forward left, pivot 1/2 turn right (9.00), step forward left

START AGAIN.

Restarts - wall 3, start facing 6.00, restart facing 12.00 – wall 7, start facing 3.00, restarts facing 9.00

Ending - wall 9 start facing 6.00, last 7&8 just make 1/4 pivot turn right and cross the end