

# Good and Gone

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Julie Heinrichs-Heisner (USA) - October 2023  
音樂: Everything I Love - Morgan Wallen  
或: Fast Car - Luke Combs



No tags, no restarts

## R sway, behind side cross, L sway, behind side cross

1-2            Step out with the R and sway hips out to the right  
3 & 4        step R behind the L, then step out with the L, Step R in front of the L  
5-6           Step out with the L and sway hips out to the left  
7 & 8        step L behind the R, then step out with the R, Step L in front of the R

## R shuffle forward, L shuffle forward, Full turn, R mambo, cross

1 & 2        step fwd R, L, R  
3 & 4        step fwd L, R, L  
5-6        step R making a full turn turning left, step down L  
7 & 8        Step right to right, recover weight back to left, cross R over L

## L side rock, cross shuffle, R step r, L half turn over, R heel ball change

1-2        Rock L to left side, recover weight onto R  
3 & 4        Step L across R, step R to side, step L across R,  
5-6        Step R to right, ½ turn back over left, step L down  
7 & 8        R heel, R ball of foot replace weight and back onto L

## R heel ball change, R samba botafogo, L heel grind, coaster step

1 & 2        R heel, R ball of foot replace weight and back onto L  
3 & 4        Cross R over L, step L to left side, replace weight to R  
5-6        L heel grind ¼ turn left  
7 & 8        L step back R step to L then L forward

Last Update: 7 Nov 2023

---