

Supa Good

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver / Intermediate
編舞者: Benjamin Wright (USA) - January 2025
音樂: SUPA GOOD!!! (from Dog Man) (feat. James Brown) - Yung Gravy : (CD: Dog Man)



***1 x Restart, 5 x Repeating Tag**

Song starts on Lyrics "Supa Fly, Supa Good" its like a 4 – 8 count intro

[1-8] Side Steps with hips

1, 2 - (1) RF stomp to right, (2) hip bump
3, 4 - (3) LF Step together, (4) pause
5, 6 - (5) RF stomp to right, (6) hip bump
7, 8 - (7) LF Step together, (8) pause

[9-16] Heel Switches, Heel Flick, Right Coaster Step, Step Pivot

1&2& - (1) Present R heel, (&) Return to center (2) Present L heel (&), Return to center
3&4 - (3) Present R heel, (&) Flick R Heel out to R, (4) Heel comes back in
5&6 - (5) Step RF back, (&) close LF next to RF, (6) Step RF forward
7, 8 - (7) Step LF forward, (8) Pivot 1/2 R (6:00)

[17-24] Camel Steps, Step L, Rock Hips Forwards Left, Recover, Step Center

1, 2 - (1) Step LF forward while popping R knee, (2) step RF forward while popping L knee
3, 4 - (3) Step LF forward while popping R knee, (4) step RF forward while popping L knee
5, 6 - (5) Step LF Forward, (6) Rock hip forward shifting weight on LF
7, 8 - (7) Recover weight on RF, (8) Step LF beside RF

[25-32] V-Step, Step Pivot 3/8, Step Pivot 3/8

1, 2 - (1) Step RF forward on R diagonal, (2) step LF forward on L diagonal
3, 4 - (3) Return RF to center, (4) Return LF to center
5, 6 - (5) Step RF forward, (6) Pivot 3/8 L (1:30)
7, 8 - (7) Step RF forward, (8) Pivot 3/8 L (9:00)

TAG (16 Counts) (Repeats 5x times throughout dance, see end notes)

[1-8] Step, Knee Dips, Step Pivot 1/4, Knee Dips, Recover

1 - (1) Step RF to R
2, 3 - (2) Dip R Knee Inward, (4) Recover R Knee and Dip L Knee Inward (Syncopated)
4, 5 - (4) Step RF forward, (5) Pivot 1/4 L
6, 7 - (6) Dip R Knee Inward, (7) Recover R Knee and Dip L Knee Inward (Syncopated)
8 - (8) Recover L Knee returning LF to Neutral Stance

[9-16] Full Turn L

9-16 - (9-16) Do a spin to the left for 8 counts, this can be a 360 broken up into quarter turns, this can be multiple spins, whatever your skill level is occupy 8 counts by turning/spinning until facing the wall you started the turn/spin on

***Order of walls/tag: This is how I explain it when I teach it to my friends**

-1 x Wall (32 Counts)

-1 x Tag (16 Counts) *Audio cue is James Brown singing "So Good!"**

-2 x Wall (32 Counts)

-1 x Tag (16 Counts)

-2 x Wall (32 Counts)

-1 x Tag (16 Counts)

-1.5 x Wall (32 Counts) (16 Count into restart) * This part of the song is the only instrumental area so that's**

the audio cue

Restart

*1 x Wall (32 Counts)

**2 x Tag (16 Counts)

*** The ending of the song is the tag repeating twice, the outro of the song is not choreographed so you can add extra spins, flair etc. I like to throw out some jazz hands for fun and a laugh when the horns blare at the end of the song.

Despite the tag portion, it's a very easy and fun dance to learn and share with your friends

Please tag/contact me if you make a video so I can add it on here!

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