

Living Our Best Life

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Pam Horst (USA) - March 2025
音樂: Good Days - Rodell Duff



#16 Count Intro

One Tag – end of Wall 2 facing 6:00

[1-8] Side, Behind & Heel & Cross to R and then to L

- 1-2 Step R to Right side, Behind L
- & 3 & 4 R Side, L heel forward, L step, Cross R in front of L
- 5- 6 Step L to Left side, Behind R
- & 7 & 8 L Side, R heel forward, R step, Cross L in front of R

[9-16] 1/4 Step R Lock, Step Lock Step, L Lock, Step Lock Step

- 1 - 2 1/4 turn R step, Lock L behind R (3:00)
- 3 & 4 Step R, Lock L, Step R
- 5 - 6 Step L, Lock R behind L
- 7 & 8 Step L, Lock R, Step L

[17-24] Rock R, Recover L, Coaster, Rock L, Recover R, Shuffle 1/2 Turn LRL

- 1 – 2 Rock forward on the R, Recover back on L
- 3 & 4 Step back L, back together R, forward L
- 5 – 6 Rock Forward L, Recover R
- 7 & 8 Shuffle 1/2 turn to the Left, Stepping L-R-L (9:00)

[25-32] Mambo Forward, Mambo Back, Sway hips R-L-R-L

- 1 & 2 Rock forward R, Recover L, Step R together
- 3 & 4 Rock back L, Recover R, Step L together
- 5 – 8 Sway hips R-L-R-L

TAG: 16 COUNTS - END OF WALL 2, facing 6:00

[1-8] Side, Rock, Cross 4x

- 1 & 2 Rock Side R, Recover L, Cross R
- 3 & 4 Rock Side L, Recover R, Cross L
- 5 & 6 Rock Side R, Recover L, Cross R
- 7 & 8 Rock Side L, Recover R, Cross L

[9-16] Mambo Forward, Mambo Back, Step Pivot 1/2 , Step Pivot 1/2

- 1 & 2 Rock forward R, Recover L, Step R together
- 3 & 4 Rock back L, Recover R, Step L together
- 5 – 6 Step fwd R, pivot 1/2 turn to L
- 7 – 8 Step fwd R, pivot 1/2 turn to L

Note: when doing the last wall facing 3:00, sway the hips turning left to 12:00 to finish on front wall.