

# A Good Thing

**COPPER** KNOB  
BY STEPHEN BRETZ

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Ian St. Leon (AUS)  
音樂: Real Good Thing - Tanya Self



**ROCK RIGHT, ROCK LEFT, ½ TURN RIGHT - SIDE SHUFFLE RIGHT (RIGHT, LEFT, RIGHT), ½ TURN LEFT - SIDE SHUFFLE LEFT (LEFT, RIGHT, LEFT), CROSS RIGHT OVER LEFT, BACK LEFT**

1-2-3&4      Rock right, rock left, ½ turn right - side shuffle right (right, left, right)

5&6-7-8      ½ turn left - side shuffle left (left, right, left), cross right over left, back on left

**SPIN full turn TO RIGHT, WEIGHT ON LEFT, BOX STEP WITH ¼ TURN RIGHT**

1-2-3-4      Spin full turn to right (right, left, right), stomp left together weight on left

5-6-7-8      Box step - right over left, back on left, turn ¼ right - forward right, left together

**HITCH RIGHT - SHUFFLE BACK RIGHT, HITCH LEFT - SHUFFLE BACK LEFT, HITCH RIGHT - SHUFFLE BACK RIGHT, HITCH LEFT - SHUFFLE BACK LEFT**

&1&2&3&4      Hitch right knee & shuffle back right at 45 degrees right, hitch left knee & shuffle back left at 45 degrees

&5&6&7&8      Hitch right knee & shuffle back right at 45 degrees right, hitch left knee & shuffle back left at 45 degrees

**WALK FORWARD (RIGHT, LEFT, RIGHT, LEFT) TWISTING OPTIONAL, STEP FORWARD RIGHT, PIVOT, ROCK RIGHT FORWARD, ROCK LEFT BACK**

1-2-3-4      Walk forward (right, left, right, left)

Option step with toes out, then twist heel out as you step the next foot forward with toes twisted out

5-6-7-8      Step forward on right, pivot ¼ left, rock forward on right, back on left

**BACK RIGHT & LEFT HEEL, BACK ON LEFT, RIGHT FORWARD, PIVOT ½, FORWARD RIGHT LEFT HEEL, BACK LEFT & RIGHT HEEL, BACK RIGHT & LEFT FORWARD, PIVOT ½**

&1&2-3-4      Back right & left heel, back on left & step forward on right, pivot ½ left, forward right

5&6&7-8      Left heel, back left & right heel, back right & step forward left, pivot ½ turn right

**ROCK LEFT, ROCK RIGHT, BEHIND, SIDE - ¼ RIGHT, FORWARD LEFT FORWARD RIGHT, PIVOT ½ LEFT, RIGHT FORWARD, ½ TURN RIGHT - BACK LEFT**

1-2-3&4      Rock to left, rock to right, step left behind right, turn ¼ right - step right forward, step forward left

5-6-7-8      Step forward right, pivot ½ left, right forward, turn ½ right - back on left

**½ TURN RIGHT - FORWARD RIGHT, BACK LEFT, RIGHT TOE DROP BACK & CLICK, LEFT TOE DROP BACK & CLICK, RIGHT TOE DROP BACK & CLICK**

1-2-3-4      ½ turn right - forward on right, back left, right toe drop back & click

5-6-7-8      Left toe drop back & click, right toe drop back & click

**LEFT LOCKSTEP FORWARD, SCUFF RIGHT, RIGHT LOCKSTEP, ¼ TURN, TOGETHER.**

1-2-3-4      Left lockstep forward, scuff right

5-6-7-8      Right lockstep forward, turn ¼ right - stomp left together (take weight)

**REPEAT**

**RESTARTS**

On wall 2 you complete the first 35 beats, then for step 36 touch right together no weight, and start dance again from beginning.

Then on wall 4, you dance the first 56 beats then add (left lockstep, turn ¼ left, touch right together), and start

the dance from beginning again.

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