

# Goodies

COPPER KNOB  
BY STEPSHETS

拍數: 48      牆數: 4      級數: Intermediate/Advanced  
編舞者: Alice Lim (SG) - December 2004  
音樂: Goodies (feat. T.I. & Jazze Pha) - Ciara



1 2 Step R to  
side, Touch L  
behind  
*Arm: @ CT 2  
slash L fist dia.  
down in a curve  
to R side (as if L  
hand is holding  
a knife)*  
&3&4 Jump to L  
side, Touch R  
behind L, Jump  
to R side, Touch  
L behind R  
*Arm: Optional -  
@3 slash R fist  
dia. down to L  
side and @4  
slash L fist dia.  
down to R side*  
5&6 Rolling  
Vine to L - 1/4  
turn L, 1/2 turn  
L, 1/4 turn L  
ending with Ls  
apart  
7 Squat & at  
same time slap  
thighs with  
hands (7),  
& While still  
squatting, punch  
both fists down -  
R fist in front & L  
fist behind  
8 Jump up to  
close Ls  
*Arm: While  
jumping up,  
move both fists  
up as if you are  
zipping up a  
jacket both  
in front & behind*

(R fist will end  
in front of upper  
chest & with R  
lower arm in  
horizontal  
position)

**SIDE, TOUCH,  
SIDE, TOUCH,  
ROLLING VINE,  
BACK, TOUCH**

1 2 Big step to  
R, Touch L  
together

3 4 Big step to  
L, Touch R  
together

*Arm: @1 swing*

*R arm clockwise*

*3/4 of a big  
circle ending*

*with arm by the  
sde*

@2 Bring L fist  
to chest level  
with L lower arm  
horizontal

@3 mirror

image of arm  
movement for ct. 1  
(swing anti-  
clockwise)

@4 mirror

image of arm  
movement for ct.  
2

5&6 Rolling vine  
to R - 1/4 turn  
R, 1/2 turn R,  
1/4 turn R  
ending with Ls  
together

7&8 Big step  
back with LL,  
Touch R  
together

*Arm: @7 push*

*both fists fwd as  
you step back*

**SIDE, STOMP,  
SIDE, STOMP,  
STOMP &  
STOMP, FWD-  
TURN-  
TOGETHER**

1 2 Big step R  
to side (1),  
Stomp L tog.  
(2)

*Arm: While stepping to R, bring R arm & fist to the front (arm straight & knuckles facing down towards floor)*

& rotate fist round 2 small circles as if stirring a cup of coffee placed on a low table in front of legs for counts 1& (stir just 1 circle for ct. 1 only if you find 2 circles difficult to co-ordinate) @2 while stepping L tog. return R arm to the side

Optional : while moving R arm to side @ count 2, raise L hand with lower arm vertical & palm facing 3.00  
3 4 Big step L to side, Stomp R tog

*Arm: While stepping to L, slap R hand on R side of R thigh 2X for counts 3&*

Optional : @4 while stomping RL, raise R hand (R lower arm vertical) so that palm faces 9.00

5&6 Stomp R fwd making 1/8 turn R, Raise R, Stomp R fwd again making another 1/8 turn R (3.00)

*Arm: @5&6,  
with hands  
apart in front of  
chest & palms  
facing each  
other, glide R  
hand up-down-  
up*

while L hand  
goes down-up-  
down (as if you  
are rubbing yr  
hands except  
that palms do  
not touch each  
other)

7&8 Step L fwd,  
Pivot 1/2 turn R,  
L tog. (9.00)

**FWD,  
TOGETHER,  
SIDE,  
TOGETHER,  
TOE  
SWITCHES,  
KICK-  
TOGETHER-  
FWD**

1 2 Step R fwd,  
L tog.

*Arm: While  
stepping R fwd,  
with lower arms  
in horizontal  
position &  
in front of chest,  
roll R fist over L  
fist*

in 2 small  
circles for  
counts 1& (roll 1  
circle for ct. 1  
only if you find 2  
circles difficult  
to co-ordinate)

@ 2 keeping L  
lower arm

horizontal, raise  
R arm to vertical  
position as if  
showing bicep  
(muscle)

3 4 Big step to  
R, L tog.

*Arm: @ 3 move*  
*R hand over*  
*head as if*  
*combing hair*  
*from L side of*  
*head to the*  
*back ending*  
*behind R ear*  
@ 4 punch L fist  
out to side  
5&6& Twist  
1/4R touching R  
toe fwd, R tog,  
touch L toe fwd,  
Step back  
slightly on L  
making 1/4R  
(3.00)  
7&8 Kick R fwd,  
R tog., Step L  
fwd

**HEEL  
SWITCHES,  
BUMP-BUMP-  
TWIST, KICK-  
TOGETHER-  
FWD**

1&2& Touch R  
heel fwd, R tog,  
Touch L heel  
fwd, L tog  
3&4 Touch R  
heel fwd, Turn  
head to look R,  
Head back to  
centre  
*Arm: @3 click R*  
*fingers with R*  
*hand in front of*  
*chest*  
5&6 Turning 1/4  
L bump R hip,  
bump L hip,  
Twist 1/4L wt  
ending on RL  
(9.00)  
7&8 Kick L fwd,  
L tog, Step R  
fwd

**STEP-HOLD-  
TWIST, KICK-  
TURN-STEP  
X2, HEEL-TOG-  
DIG**

1&2 Step L to side (Ls apart),  
Hold, Twist  
1/4R wt ending on RL (12.00)  
*Arm: @1 touch L fingers on L shoulder, elbow pointing towards floor*

(imagine that head & body form a door while L arm forms the handle)

@& grab L arm with R hand (as if grabbing handle of door)

@3 pull on L arm as you twist 1/4 R (as if opening the door)

3&4 Kick L fwd, Step slightly back on L turning 1/2 R, Step R fwd (6.00)

5&6 Repeat above steps (12.00)

7&8 Touch L heel fwd, L tog, Dig R heel fwd  
*Arm: @8, punch both fists down in front crossing arms at the wrists*

**PHRASING:**

12.00: Full dance (48 cts)  
32 counts  
3.00: 32 cts  
6.00: Full dance 32 cts  
9.00: Full dance 32 cts  
After that, 32 cts each for remaining 5 walls

**FINISH:**

After 32 cts at the last wall, you will be facing 3.00. For the extra one count of music, step R to side turning 1/4L to finish facing front.

If you are using Track 1, music is shorter by 64 cts. So you will end facing 9.00. To finish facing front, step R to side turning 1/4R for the extra count.

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