

Good Time

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Jenny Cain (USA) - June 2008
音樂: Good Time - Alan Jackson



(1-8) Toe, Heel Steps

Walk forward R (1,2) L (3,4) R (5,6) L (7,8)

(1-4) Side Steps

R out to R side (1), slide back together with L (2) Repeat exactly (3,4)

(5-8) Grapevine to R with a spin

R out to R side (5), Spin to R (6) {full turn & back to original position}, R out to R side(7), then together & clap (8)

(1-8) (REPEAT LAST 8 COUNT EXACTLY, BUT THIS TIME TO THE LEFT. Replace the R's with L's)

(1-6) Knee lifts while going backward

Bring R knee up (1) & down (2), Bring L knee up (3) & down (4),

Bring R knee up (5) & down (6)

{each knee lift should be at an angle and not straight in front. Also each step down should be placed slightly behind so that you actually are walking backward)

(7-8) Jump Steps

Jump in place landing with feet crossed R over L (7)

Jump, quarter turn in air to L, landing with feet apart (8)

(1-8) "Cha Cha's" or "Shuffle Steps"

cha cha forward- R together R (1 and 2)

L lunge forward, rock & recover (3,4)

cha cha backward- L together L (5 and 6)

R lunge backward, rock & recover (7,8)

(1-8) "Shimmy Steps" or "Bounce Steps"

R out to R side {body slightly down} (1,2)

Bring L together {standing back up straight} (3,4)

R out to R side again {body slightly down} (5,6)

Bring L together {standing back up straight} (7,8)