

Good To Be Back

COPPER KNOB
BY STEPHEN HETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: John Robinson (USA) - February 2008
音樂: It's Good to Be Back - Chris Cagle : (CD: My Life's Been A Country Song)



INTRO: 24-count intro (start with main vocal).

Count this song as 1&2&3&4. Note: The phrasing will get wacky after the first four repetitions, just ignore it and enjoy the dance; you'll finish facing the back wall (6:00) on the three running stomps.

ROCK-RECOVER-STEP BACK, COASTER STEP, STOMP FORWARD X3, SYNCOPATED SIDE POINTS

1&2 *Rock & drag* R rock forward (1), recover to L (&), R large step back dragging L toward R (2)
3&4 *Coaster step* L step ball of foot back (3), R step ball of foot next to L (&), L step forward (4)
5&6 *Stomp-stomp-stomp* Run forward stomping feet R (5), L (&), R (6)
7&8 *Point & point* L toe touch side left (7), L step next to R (&), R toe touch side right (8)

TURN 1/2 RIGHT STEPPING L-R, CROSS SHUFFLE, SIDE STEP W/HIP SWAY, HIP SHAKE

1,2 *Skate, skate* R skate turning body toward 1:30 (1), L skate turning body to 9:00 (2)

Styling: Add syncopated shoulder shrugs to skates.

3&4 *Step-lock-step* R step forward (3), L lock-step behind R (&), R step forward (4)
5&6& *Hip & hip &* L touch side left starting to shake hips left while pulsing L knee out-in (5&), out-in (6&)
7&8 *Hip & hip* Continue shaking hips left while pulsing L knee out-in-out (7&8)

Styling: While executing hip shakes, snap left fingers down and out next to left hip.

CROSS ROCK-RECOVER & CROSS ROCK, 1/4 TURN LEFT, 1/2 TURN LEFT, 1/2 TURN LEFT, COASTER STEP

1&2& *Cross, rock &* R rock forward across L (1), recover to L (2), R step next to L (&)
3,4 *Cross, quarter* L rock forward across R (3), recover to R stepping R back turning 1/4 left (6:00) (4)
5,6 *Half, half* Pivot 1/2 left (12:00) stepping L forward (5), pivot 1/2 left (6:00) stepping R back (6)
7&8 *Coaster step* L step ball of foot back (7), R step ball of foot next to L (&), L step forward (8)

STOMP SIDE, BACK ROCK & STOMP SIDE, BACK ROCK &, STEP-LOCK-STEP-STEP, SAILOR TURNING 1/2 RIGHT

1,2& *Side, rock &* R stomp side right (1), L rock behind R (2), recover to R (&)
3,4& *Side, rock &* L stomp side left (3), R rock behind L (4), recover to L (&)
5&6& *Step-lock-step-step* R step forward diagonally right (7:30) (5), L lock-step behind R (&), R step forward diagonally right (7:30) (6), L step forward diagonally left (4:30)
7&8 *Sailor turn* Sweep R stepping ball of foot behind L prepping body for 1/2 turn right (7), L step ball of foot side left turning 1/4 right (9:00) (&), R step forward turning 1/4 right (12:00) (8)

ANGLED STEP FORWARD-TOUCH, STEP BACK, KICK, BEHIND-SIDE-CROSS, ANGLED STEP FORWARD-TOUCH, STEP BACK-KICK, BEHIND-SIDE-FORWARD

1&2& *Forward & back &* L step forward diagonally left (11:30) (1), R touch behind L (&), R step back home (2), L kick forward diagonally left (11:30) (&)
3&4 *Behind-side-cross* L step behind R squaring up to 12:00 (3), R step side right (&), L step across R (4)
5&6& *Forward & back & R* step forward diagonally right (1:30) (5), L touch behind R (&), L step back home (6), R kick forward diagonally right (1:30) (&)
7&8 *Behind-side-forward* R step behind L squaring up to 12:00 (7), L step side left (&), R step forward (8)

STEP FORWARD, 1/4 TURN RIGHT, CROSS-BACK-BACK, SWAY HIPS, HIP SHAKE LEFT

- 1,2 *Step, turn* L step forward (1), pivot 1/4 right (3:00) shifting weight to R (2)
- 3&4 *Cross-back-back* L step forward across R (3), R step back side right (&), L step side left
 shoulder-width apart from R (4)
- 5,6 *Sway, sway* Sway hips right (5), sway hips left (6)
- &7&8 *Hip shake left* Shake hips right-left (&7), right-left (&8)

START AGAIN AND ENJOY!
