

Just Be Good

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Improver
編舞者: Mal Jones (UK) - March 2009
音樂: Johnny B. Goode - Chuck Berry



Alt Tracks:

Rave On by Buddy Holly (122bpm)

High Time For Gettin' Down by Travis Tritt (162bpm) c.d. The Storm

Bop To Be by Billy Swann (176bpm)

(Any upbeat track you have).

RIGHT SIDE TOUCH, LEFT SIDE TOUCH, FORWARD TOUCH, BACK TOUCH

1 2 Step right foot to right side , touch left foot to right instep
3 4 Step left foot to left side, touch right foot to left instep
5 6 Step forward on right foot, touch left foot to right instep
7 8 Step back on left foot, touch right foot to left instep

RIGHT SIDE, BEHIND, SIDE, KICK, LEFT SIDE, CROSS, SIDE TOUCH

1 2 Step right foot to right side, step left foot behind right,
3 4 Step right foot to right side, kick left foot to left diagonal
5 6 Step left foot to left side, cross step right foot over left,
7 8 Step left foot to left side, touch right foot to left instep

STEP LOCK STEP, (RIGHT DIAGONAL) STEP LOCK STEP (LEFT DIAGONAL)

1 2 Step right foot to right diagonal, lock left foot behind right,
3 4 Step right foot to right diagonal, brush and scuff left foot to left diagonal
5 6 Step left foot to left diagonal, lock right foot behind left,
7 8 Step left foot to left diagonal, touch right foot to left instep and square off to facing wall.

ROCKING CHAIR, 2 x ¼ PADDLE TURNS LEFT

1 2 Rock forward onto right foot, recover weight on left,
3 4 Rock back onto right foot, recover weight on left,
5 6 Step forward on right foot, step forward on left foot making ¼ turn left,
7 8 Step forward on right foot, step forward on left foot making ¼ turn left.

RIGHT SIDE, BEHIND, SIDE, LEFT HEEL TOUCH, LEFT SIDE, CROSS, SIDE, RIGHT HEEL TOUCH.

1 2 Step right foot to right side, step left foot behind right,
3 4 Step right foot to right side, touch left heel to left side,
5 6 Step left foot to left side, cross right foot over left,
7 8 Step left foot to left side, touch right heel to right side.

RIGHT SIDE, LEFT HEEL TOUCH, SIDE HOLD, CROSS BACK SIDE PLACE.

1 2 Step right foot to right side, touch left heel to left side,
3 4 Step left foot to left side, hold,
5 6 Cross right foot over left, step back onto left foot,
7 8 Step right foot to right side, step and place left foot next to right.