

Good One

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 2 級數: Beginner
編舞者: Nikky Lynne & Candy B - July 2011
音樂: I'm No Good - Laura Bell Bundy : (CD: Achin' and Shakin')



Alt. Music: Bad For My Own Good by Reba McEntire

Intro: 32 counts.

RIGHT JAZZ, WEAVE TO RIGHT

1-4 Cross right over left, step left back, step right back, cross left over right
4-8 Step right to side, cross left behind right, step right to side, cross left over right

BOX STEP, SCUFF, LEFT STEP, BOX STEP SCUFF

9-12 Step right to side, step left together, step right forward, scuff left forward
13-16 Step left to side, step right together, step left back, scuff right forward

STEP RIGHT TOUCH LEFT, STEP LEFT ¼ LEFT TOUCH RIGHT. RIGHT KICK BALL CHANGE, RIGHT HEEL HOOK

17-20 Step right to side, touch left together (toe turned in), turn ¼ left and step left forward, touch right together (toe turned in)
21&22 Kick right forward, step right together, step left together
23-24 Touch right heel forward, hook right over left

STEP RIGHT TO SIDE CROSS LEFT BEHIND RIGHT, TURN RIGHT TURN ¼ RIGHT, STEP LEFT SCUFF

25-28 Step right to side, cross left behind right, turn ¼ right and step right forward, scuff left forward

ROCK LEFT FORWARD, RECOVER RIGHT BACK TURN ½ TO LEFT STEPPING LEFT SCUFF RIGHT

29-32 Rock left forward, recover to right, turn 1/2 left and step left forward, scuff right forward

REPEAT
