

# I'm Good @ It

COPPER KNOB  
BY STEPHEN HETS

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Rep Ghazali (SCO) - October 2011  
音樂: Good At It - Linda Teodosiu



16 count intro start on vocal

## [01-08] RIGHT SIDE SHUFFLE, ¼ TURN ROCK BACK, TRIPLE ½ TURN, ¼ TURN SIDE ROCK

1&2      step Right to Right side, step Left together, step Right to Right side  
3-4      ¼ turn Left rocking back on Left, recover on Right (9)  
5&6      triple ½ turn Right by stepping Left-Right-Left on the spot (3)  
7-8      ¼ turn Right by rocking Right to Right side, recover on Left (6)

## [09-16] CROSS-HOLD, BALL-CROSS-BALL=CROSS, LEFT TOUCH-HOLD, SIDE TOE SWITCHES

1-2      cross Right over Left, hold (6)  
&3&4      step Left to Left side, cross Right over Left, step Left to Left side, cross Right over Left  
5-6      touch Left toe to Left side, hold  
&7&8      step forward Left, touch Right toe to Right side, step forward Right, touch Left toe to Left side  
(6)

(counts &7&8: travelling forward)

1st restart: 3rd wall - dance up to count 16 change weight to Left and restart from back wall

## [17-24] AND-¼ MONTEREY, SIDE POINT-KICK FORWARD, BALL-POINT-¼ TURN, ROCK BACK

&1-2      step Left together, point Right to Right side, ¼ turn Right by stepping Left together (9)  
3-4      point Left to Left side, kick Left forward  
&5-6      step back left, point Right to Right side, keeping weight on Left make ¼ pivot turn Right (12)  
7-8      rock back Right, recover on left

## [25-32] STEP-HOLD, BALL-STEP-BALL-STEP, STEP-HOLD, BALL-STEP-BALL-STEP

1-2      step forward Right, hold (12)  
&3&4      step Left together, step forward Right, step Left together, step forward Right  
5-6      step forward Left, hold  
&7&8      step Right together, step forward Left, step Right together, step forward Left (12)  
2      nd restart: 7th wall - dance up to count 32 and restart from front wall

## [33-40] BEND KNEES-½ TURN KICK, BEND KNEES-KICK, BACK-BACK, ROCK BACK

1-2      step Right together and bend knees, ½ turn Left straighten up and kicking Left forward (6)  
3-4      step Left together and bend knees, straighten up and kicking Right forward  
6th wall: add 4 count tag after count 36 and restart from back wall  
5-6      step back Right, step back Left  
7-8      rock back Right, recover on Left

## [41-48] RIGHT AND LEFT HIP BUMPS, CROSS-BACK, BACK-CROSS

1&2      touch Right toe diagonally forward Right: hip bumps forward, back, forward (ending weight on Right) (7.30)  
3&4      touch Left diagonally forward Left: hip bumps forward, back, forward (ending weight on Left) (4.30)  
5-6      cross Right over Left squaring to front wall, step back Left (6)  
7-8      step back Right, cross left over Right (6)

(Steps 5-8: travelling to the back slightly)

TAG: just shout 1-2-3-4 while you SWAY RIGHT, LEFT, RIGHT, LEFT or do what feels good to you.  
add the tag at the end of 1st and 4th wall

6th wall: add the tag after count 36 and restart.

**RESTART:**

1st restart: 3rd wall - dance up to count 16 and restart from back wall

2nd restart: 7th wall - dance up to count 32 and restart from front wall

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