

I'm Good @ It

COPPER KNOB
BY STEPHEN

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
