

For The Good Times

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Roz Chaplin (UK) & Colin B. Smith (UK) - April 2012
音樂: For The Good Times - Bouke : (CD: For The Good Times)



Intro: Start on: "Don't Look So Sad"

SIDE, TOGETHER, FORWARD SHUFFLE, SIDE TOGETHER SHUFFLE BACK

1-2 Step right to right side, close left beside right
3&4 Step forward on right, step left beside right, step right forward
5-6 Step left to left side, close right beside left
7&8 Step back on left, step right beside left, step back on left

ROCK BACK, SHUFFLE ½ TURN X2

1-2 Rock back on right, recover onto left
3&4 Shuffle ½ turn stepping – right, left, right
5-6 Rock back on left, recover onto right
7&8 Shuffle ½ turn stepping – left, right, left

Restart Here Wall 3

STEP, SWEEP, BEHIND, SIDE, CROSSING MAMBO, MAMBO ¼ TURN

1-2 Step right back, sweep left toe around right
3-4 Step left behind right, step right to right side
5&6 Rock left over right, recover onto right, step left to left side
7&8 Rock right over left, recover onto left, make ¼ turn to right stepping right forward (3)

STEP, SWEEP X 2, CROSS, BACK, CHASSE

1-2 Step left forward, sweep right around left
3-4 Step right forward, sweep left around right
5-6 Cross left over right, step right back
7&8 Step left to left side, step right beside left, step left to left side

SWAY X2 SHUFFLE, SWAY X2 SHUFFLE

1-2 Sway hips to right stepping on right, sway hips to left stepping on left
3&4 Step forward on right, step left beside right, step right forward
5-6 Sway hips to left stepping on left, sway hips to right stepping on right
7&8 Step forward on left, step right beside left, step left forward

ROCK STEP, SHUFFLE, BACK, ¼ TURN, CROSS SHUFFLE

1-2 Rock forward on right, recover onto left
3&4 Step right back, step left beside right, step right back
5-6 Step left back, make ¼ turn to right stepping right to right side (6)
7&8 Cross left over right, step right to right side, cross left over right

STEP, KICK, STEP, TOUCH, SKATE, SKATE, SHUFFLE

1-2 Step right to right side, kick left over right
3-4 Step left to left side, touch right beside left
5-6 Skate right forward, skate left forward
7&8 Step right forward, step left beside right, step right forward

ROCK STEP, SHUFFLE, BACK, DRAG, ROCK & CROSS

1-2 Rock forward on left, recover onto right
3&4 Step left back, step right beside left, step left back

5-6 Step right LONG step back, drag left toe towards right
7&8 Rock left to left side, recover onto right, cross left over right

Choreographer's note This dance is intended to be danced in the style of a Latin rumba. That usually means with a lot of toe sliding and plenty of hip work. Also, try not to lean back on the rocking backward moves.
(It does help if you press the other toe into the floor on those rocking backward moves. That way your whole body will move forward with the knee bent)
