

He's No Good Girl

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Grant Stanley (SCO) - July 2012
音樂: Good Girl - Carrie Underwood : (Album: Blown Away - Single)



(Start on Lyrics)

SIDE, HOLD, SIDE, TOUCH(X2)

1-2 Step right to right side, hold
&3-4 Step left together, step right to right side, touch left next to right
5-6 Step left to left side, hold
&7-8 Step right together, step left to left side, touch right together

SHUFFLE, SHUFFLE, ROCK, RECOVER, TURN, TURN

1&2 Step right forward, left together, step right forward
3&4 Step left forward, right together, step left forward
5-6 Rock forward on right, recover on left
7-8 Make 1/2 turn right stepping forward on to right, Make 1/2 turn right stepping back onto left

Easy Option: Walk back Right,Left

ROCK, RECOVER, R SHUFFLE, L SHUFFLE 1/4, ROCK, RECOVER

1-2 Rock back on right, recover on left
3&4 Step forward on right, step left together, step forward on right
5&6 Step forward on left making 1/4 left, step right together, step left forward
7-8 Rock forward on right, recover on left

SAILOR, SAILOR, R SHUFFLE, L SHUFFLE, 1/4

1&2 Step right behind left, step left out to left side, step right out to right side
3&4 Step left behind right, step right out to right side, step left out to left side
5&6 Step forward on right, step left together, step forward on right
7&8 Step forward on left making 1/4 left, step right together, step left forward

HEEL, HEEL, TOE 1/2 TURN, L SHUFFLE, R SHUFFLE

1&2& Tap right heel forward, step right in place, tap left heel forward, step left in place
3-4 Tap right toe behind left, make 1/2 turn right stepping down on right
5&6 Step forward on left, step right together, step forward left
7&8 Step forward on right, step left together, step forward on right

HEEL, HEEL, TOE 1/2 TURN, R SHUFFLE, L SHUFFLE

1&2& Tap left heel forward, step left in place, tap right heel forward, step right in place
3-4 Tap left toe behind left, make 1/2 turn left stepping down on left
5&6 Step forward on right, step left together, step forward right
7&8 Step forward on left, step right together, step forward on left

SAILOR 1/4 TURN, SHUFFLE, ROCK, RECOVER, SHUFFLE

1&2 Step right behind left, step left to left side making 1/4 right, step right out to right side
3&4 Step forward left, step right together, step left forward
5-6 Rock forward on right, recover on left
7&8 Step back on right, step left together, step right back

TOE 1/2 TURN, SHUFFLE, ROCK, RECOVER, TRIPLE FULL TURN

1-2 Tap left toe behind right, make 1/2 turn left stepping down on left
3&4 Step right forward, step left together, step forward right

5-6 Rock forward on left, recover on right

7&8 Make a full turn left, stepping Left, Right, Left

Easy Option: Step left back, step right together, step forward left

Have fun and enjoy
