

# I Know a Good Thing

**COPPER** KNOB  
BY STEPHEN

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Christine Stewart (NZ) - January 2014  
音樂: Good Thing - Keith Urban : (Album: Fuse - Deluxe Version - 3:53)



**Start position: Face 12 o'clock with weight on Left and Right touched beside Left**

**Intro: 40 counts after opening guitar riff. Touch RIGHT HEEL forward on the word "hold" during the first line of lyrics which says, "Oh just HOLD it now"**

**RIGHT HEEL FORWARD, TOGETHER, LEFT HEEL FORWARD, TOGETHER, STEP, ½ PIVOT LEFT, RIGHT HEEL FORWARD, TOGETHER, LEFT HEEL FORWARD, TOGETHER, STEP, ½ PIVOT LEFT**

- 1&2&      Touch Right heel forward with toes raised off floor, step onto Right beside Left, touch Left heel forward with toes raised off floor, step onto Left beside Right
- 3-4      Step Right forward, turn ½ left on balls of both feet transferring weight onto Left (6:00)
- 5&6&      Touch Right heel forward with toes raised off floor, step onto Right beside Left, touch Left heel forward with toes raised off floor, step onto Left beside Right
- 7-8      Step Right forward, turn ½ left on balls of both feet transferring weight onto Left (12:00)

**HEEL SWITCHES – RIGHT, LEFT, RIGHT, LEFT, HEEL, HOOK, HEEL, HOOK, HEEL, FLICK, HEEL HOOK**

- 1&2&      Touch Right heel forward with toes raised off floor, step onto Right beside Left, touch Left heel forward with toes raised off floor, step onto Left beside Right
- 3&4&      Touch Right heel forward with toes raised off floor, step onto Right beside Left, touch Left heel forward with toes raised off floor, step onto Left beside Right
- 5&6&      Touch Right heel forward with toes raised off floor, touch Right heel against Left shin, touch Right heel forward with toes raised off floor, touch Right heel against Left shin
- 7&8&      Touch Right heel forward with toes raised off floor, lift Right off floor and flick foot backwards with Right knee turned in slightly towards Left knee (optional: hit Right heel with Right hand), touch Right heel forward with toes raised off the floor, touch Right heel against Left shin

**SWAY RIGHT, SWAY LEFT, SIDE, TOGETHER, ¼ TURN RIGHT, STEP, ½ PIVOT RIGHT, SIDEWAYS ¼ RIGHT, FLICK BEHIND, POINT RIGHT**

- 1-2      Step Right to right side swaying/rocking right, recover/sway sideways onto Left hitching Right slightly at the same time (this just makes the next step flow better)
- 3&4      Step Right sideways right, step onto Left beside Right, turn ¼ right and step Right forward (3:00)

**\*\*\*\* ENDING occurs here during wall 7. You will be facing 9:00. To finish facing 12:00 – step Left forward, turn ¼ right on balls of both feet transferring weight onto Right**

- 5&6      Step Left forward, turn ½ right on balls of both feet transferring weight onto right, turn ¼ right and make a large step sideways left with Left dragging/sliding Right along floor towards Left (12:00)
- 7-8      Flick Right foot behind Left knee with Right knee turned out towards right front diagonal and sole of Right facing 9:00 (optional: hit Right heel with Left hand), touch/point Right sideways right (weight should remain on Left for these 2 counts)

**¼ TURN RIGHT, HEEL GRIND ½ TURN RIGHT, COASTER BACK, HEEL GRIND ½ TURN LEFT, COASTER BACK**

- 1-2      Turn ¼ right and touch Right heel forward (3:00), turn ½ right on heel of Right and AT THE SAME TIME step Left back (9:00)
- 3&4      Step Right back, step onto Left beside Right, step Right forward
- 5-6      Touch Left heel forward with toes raised off the floor, turn ½ left on heel of Left and AT THE SAME TIME step Right back (3:00)
- 7&8      Step Left back, step onto Right beside Left, step Left forward

**\*\* Restart 2 occurs here during wall 3. Dance will restart facing 9:00**

**\*\*\* Restart 3 occurs here during wall 5. Dance will restart facing 3:00**

**SIDE, TOGETHER, STEP FORWARD, STEP, ½ PIVOT RIGHT, STEP-LOCK-STEP, STEP BACK, ½ TURN LEFT**

- 1&2 Step Right sideways right, step onto Left beside Right, step Right forward  
3-4 Step Left forward, turn ½ right on balls of both feet transferring weight onto Right (9:00)  
5&6 Step Left forward, step/cross Right behind Left transferring weight onto Right, step Left forward  
7-8 Step Right back, turn ½ left and step Left forward (3:00)

**POINT RIGHT, FLICK BEHIND, POINT RIGHT, CROSS, SIDE, RIGHT HEEL FORWARD, TOGETHER, CROSS, STEP BACK, ¼ LEFT SIDE SHUFFLE**

- 1&2 Point/touch Right sideways right, flick Right foot behind Left knee with Right knee pointing towards right diagonal and sole of Right facing 12:00 (optional: hit Right heel with left hand), point/touch Right sideways right  
3&4& Cross Right over in front of Left, step Left slightly sideways left, touch Right heel forward with toes raised off floor, step onto Right beside Left  
5-6 Cross Left over in front of Right, step Right back  
7&8 Turn ¼ left and step Left sideways left, step onto Right beside Left, step Left sideways left (12:00)

**RIGHT HEEL-BALL-CROSS, RIGHT HEEL-BALL-CROSS, TOE, HEEL, TOE, ¼ TURN RIGHT HOOK TURN**

- 1&2 Touch Right heel forward with body angled to right front diagonal, step onto Right beside left, cross Left over in front of Right  
3&4 Touch Right heel forward with body angled to right front diagonal, step onto Right beside left, cross Left over in front of Right  
5 Touch toes of Right sideways right with Right knee turned in towards Left knee and heel of Right raised off floor and AT THE SAME TIME twist/fan Left heel to the right. (body, and toes of Left, should now be facing front left diagonal)  
6 Touch Right heel sideways right with toes raised off the floor and facing 3:00 and AT THE SAME TIME twist/fan toes of Left to the right (body, and toes of Left, should now be angled towards right front diagonal)  
7 Touch toes of Right sideways right with Right knee turned in towards Left knee and heel of Right raised off floor and AT THE SAME TIME twist/fan Left heel to the right. (body, and toes of Left, should now be facing front left diagonal)

**Note: During counts 5-7 you will travel slightly sideways right**

- 8 Turn ¼ right on ball of Left with Right heel touched against shin of Left (3:00)

**\* Restart 1 occurs here during wall 2. Dance will Restart facing 6:00**

**STEP, ¼ RIGHT, CROSS SHUFFLE, ¼ TURN LEFT, ½ TURN LEFT, STEP, ½ PIVOT LEFT**

- 1&2 Step forward onto Right (1), turn ¼ right on ball of Right (&), point/touch Left sideways left (2) (6:00)  
3&4 Cross Left over in front of Right, step Right sideways right, cross Left over in front of Right  
5-6 Turn ¼ left and step Right back, turn ½ left and step Left forward (9:00)  
7-8 Step Right forward, turn ½ left on balls of both feet transferring weight onto Left (3:00)

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