

Good For Me

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: Improver - Country

Choreographer: Frédéric Marchand (FR) - 5 July 2025

Music: GOOD FOR ME - James Johnston



Intro : 8 counts - Bodyweight on the left foot Séq: 32 - 8 TAG / R - 32 - 8 TAG / R - 32 - 32 - 32 - 32 - 32

Séq: 32 - 8 TAG / R - 32 - 8 TAG / R - 32 - 32 - 32 - 32 - 32

Special feature: the dance is written on one wall but will be danced on two walls with the restarts.

S1 STEP BACK R & L, COASTER STEP R, STEP FWD L & R, TRIPLE STEP L FWD

- 1-2 Step RF back (1) - Step LF back (2)
- 3&4 Step RF back (3) - Step LF next to L (&) - Step RF Fwd (4)
- 5-6 Step LF Fwd (5) - Step RF Fwd (6)
- 7&8 Step LF Fwd (7) [3:00] - RF close next to L (&) - Step LF Fwd (8)

TAG RESTART HERE ON WALL 2 AND 4

S2 ROCK STEP R FWD, PIVOT ½ R WITH ROCKING CHAIR R, FULL TURN ***

- 1-2 Rock step RF Fwd (1) - Recover onto LF (2)
- 3-4 Make a ½ turn R with step RF Fwd (3) [06:00] - Recover on LF (4)
- 5-6 Step RF back (5) - Recover on LF (6)
- 7-8 Turn ½ L stepping R back (7) [12:00] - Turn ½ L stepping L forward (8) [06:00]

***** EASY OPTION 7-8 WALK FWD R & L**

S3 TRIPLE STEP DIAGONAL R FWD, ⅓ R WITH TRIPLE SIDE L, ¼ R WITH TRIPLE SIDE R, ¼ R WITH TRIPLE SIDE L

- 1&2 Step RF diagonal R (1) - Lock LF behind R (&) - Step RF diagonal R (2) [07:30]
- 3&4 Make ⅓ turn R stepping LF to L side (3) [9:00] - RF close next to L (&) - Step LF to L side (4)
- 5&6 Make ¼ turn R stepping RF to R side (5) [12:00] - LF close next to R (&) - Step RF to R side (6)
- 7&8 Make ¼ turn R stepping LF to L side (7) [3:00] - RF close next to L (&) - Step LF to L side (8)

S4 CROSS R, SIDE L, SAILOR STEP*, CROSS L, ¼ TURN L, TRIPLE STEP BACK L**

- 1-2 Cross RF over L (1) - Step LF to L side (2)
- 3&4 Cross RF behind L (3) - Step LF to L side (&) - Step RF to R side (4)
- 5-6 Cross LF over R (5) - Make ¼ turn L with step RF Back (6)
- 7&8 Step LF back (7) - Lock RF over L (&) - Step LF back (8)

***** EASY OPTION 3-4 Cross RF behind (3) - Point LF to L side (4)**

TAG/RESTART MODIFIED SECTION 1

T1 STEP BACK R & L, COASTER STEP R, STEP FWD L & R, TRIPLE STEP BACK ½ TURN R

- 1-2 Step RF back (1) - Step LF back (2)
- 3&4 Step RF back (3) - Step LF next to L (&) - Step RF Fwd (4)
- 5-6 Step LF Fwd (5) - Step RF Fwd (6)
- 7&8 Make ¼ turn R stepping LF to L side (7) - RF close next to L (&) - Make ¼ turn R stepping LF back (8)

Start again with a smile

V1-UK-FM le 01/06/2025