

To Get Good (P)

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 0 级数: Low Intermediate Partner / Circle
编舞者: Monica Pastore (IT) & Giada Bricola - December 2017
音乐: Life's About To Get Good - Shania Twain : (Album: Now)



Tag 1: 1-4 in the beginning of 3rd repetition

Lady step in place right, left, right, left.

Man Walks forward step right, left, right, left and changes Lady.

Tag 2: 1-8 in the beginning of 7th repetition

Repeat Tag 1: twice. Man takes the second Lady.

Restart: After 16 counts in the 8th repetition

Description: Open promenade left: The couple are in Open Dance Position. The lady is to the left of the man. The lady's right hand is held in the man's left. They are facing the same direction, both traveling down the line of dance

LADY'S STEPS

[Lady1] LEFT SHUFFLE FOWARD, RIGHT SHUFFLE FORWARD, TURN 1/2 RIGHT, TURN 1/4 RIGHT

1&2 Step left forward, step right together, step left forward
3&4 Step right forward, step left together, step right forward
5-6 Step left forward, turning 1/2 right (weight on left)
7-8 Step left forward, turning 1/4 right (weight on left)

**[Lady2] SIDE ROCK, BEHIND, SIDE, ACROSS, SIDE ROCK, TURNING SAILOR STEP
(Indian position)**

1-2 Step left to side, recover on right
3&4 Cross left behind right, open right to side, cross left on right
5-6 Step right to side, recover on left
7&8 Cross right behind left, open left side, turning 1/4 right step right forward

**[Lady3] LEFT SHUFFLE FOWARD, RIGHT SHUFFLE FORWARD, TURNING 1/2 LEFT LEFT SHUFFLE,
TURN 1/2 RIGHT
(Initial position)**

1&2 Step left forward, step right together, step left forward
3&4 Step right forward, step left together, step right forward
5&6 Turning 1/2 left step left forward, step right together, step left forward
7-8 Step right forward, turn 1/2 left (weight on left)

[Lady4] STEP RIGHT DIAGONALLY FORWARD, STOMP, BUMPS

1-2 Step right diagonally forward, stomp left near right (Change Partner - Assume parallel position. Traditional closed modified)
3-4 Bump right hip to man's right hip twice,
5-6 Bump hip left twice (away from partner)
7-8 Bump right hip to man's right, bump left hip away

[Lady5] WALK AROUND RIGHT, TURN 3/4 RIGHT

1-4 Step right turning 1/4 on right, Step left turning 1/4 on right, Step right turning 1/4 on right, Step left turning 1/4 on right
5-8 Step right turning 1/4 on right, Step left turning 1/4 on right, Step right turning 1/4 on right, Touch point left near right (Lady under his right hand, back to initial position) (weight on right)

MAN'S STEPS

[Man1] LEFT SHUFFLE FOWARD, RIGHT SHUFFLE FORWARD, TURN 1/2 RIGHT, TURN 1/4 RIGHT

- 1&2 Step left forward, step right together, step left forward
- 3&4 Step right forward, step left together, step right forward
- 5-6 Step left forward, turning 1/2 right (weight on left)
- 7-8 Step left forward, turning 1/4 right (weight on left)

[Man2] (INDIAN POSITION) SIDE ROCK, BEHIND, SIDE, ACROSS, SIDE ROCK, SAILOR STEP

- 1-2 Step left to side, recover on right
- 3&4 Cross left behind right, open right to side, cross left on right
- 5-6 Step right to side, recover on left
- 7&8 Cross right behind left, open left side, turning ¼ right step right forward

(restart on 7th wall)

[Man3] LEFT SHUFFLE FOWARD, RIGHT SHUFFLE FORWARD, TURNING 1/2 LEFT LEFT SHUFFLE, TURN 1/2 RIGHT

- 1&2 Step left forward, step right together, step left forward
- 3&4 Step right forward, step left together, step right forward
- 5&6 Turning ½ right step left forward, step right together, step left forward
- 7-8 6 Step right forward, turn 1/2 left (weight on left)

[Man4] STEP RIGHT DIAGONALLY FORWARD, STOMP, BUMPS

- 1-2 Step right diagonally forward, stomp left near right (Change Partner - Assume parallel position. Traditional closed modified)
- 3-4 Bump right hip to man's right hip twice,
- 5-6 Bump hip left twice (away from partner)
- 7-8 Bump right hip to man's right, bump left hip away

[Man5] WALK AROUND RIGHT, TURN 1/4 RIGHT

- 1-4 Step right turning ¼ on right, Step left turning ¼ on right, Step right turning ¼ on right, Step left turning ¼ on right
- 5-8 Step right turning ¼ on right, Step left on place, Step right on place, Touch point left near right (weight on right)

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