

Good For Your Soul

COPPER KNOB
STEPMATS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Marie Claude Gil (FR) - June 2018
音乐: Good For Your Soul - Tyminski



Intro 16 Counts - 1 Restart: Wall 3 (facing 6.00)

SECTION 1: TRIPLE STEP FORWARD RIGHT AND LEFT, JAZZ BOX

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

SECTION 2: ¼ TURN TRIPLE STEP LEFT, ROCK BACK, ¼ TURN TRIPLE STEP RIGHT, ROCK BACK

&1&2 ¼ turn left, step right side, step left next to RF, ¼ turn left RF back (6.00)
3-4 Rock back left, Recover weight on the right
&5&6 ¼ turn right, step left side, step right next to LF, ¼ turn right LF back (12.00)
7-8 Rock back right, Recover weight on the left

RESTART HERE : AFTER 16 COUNTS WALL 3 (facing 6.00)

SECTION 3: KICK BALL CROSS (X2), SIDE ROCK BEHIND SIDE CROSS

1&2 Right kick, ball right, cross left before right
3&4 Right kick, ball right, cross left before right
5-6 Rock right to right side, Recover weight onto left
7&8 Cross R behind L, Step L side L, Cross R over left

SECTION 4: SIDE TRIPLE STEP LEFT, ¼ TURN RIGHT SIDE TRIPLE STEP, ¼ TURN LEFT SIDE TRIPLE STEP, ROCK BACK

1&2 Side step left, step right next to left, side step left
&3&4 ¼ Turn right, Side step right, step left next to right, side step right
&5&6 ¼ Turn left, Side step left, step right next to left, side step left
7-8 Rock back right, Recover weight on the left

SECTION 5: HEEL STRUT, ¼ TURN RIGHT, TOE STRUT, SAILOR STEP RIGHT AND LEFT

1-2 Step right heel forward, right toe down
&3-4 ¼ Turn right, left toe forward, left heel down
5&6 Step R behind L, Step L to L side, Step R to R side
7&8 Step L behind R, Step R to R side, Step L to L side

SECTION 6: STEP ¼ TURN, TRIPLE STEP FORWARD, ROCK STEP FORWARD, COASTER STEP

1-2 Step right forward, ¼ turn on the left
3&4 Step forward right, Step left next to right, Step forward right
5-6 Rock forward left, Replace weight on the right
7&8 Step left back, step right beside left, step left forward

HAVE FUN!!!

Contact : mcgil@free.fr - Blog : dancewithme-country.fr