

It's a Good Thing

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Sandy Carty Hodges (USA) - July 2022
音乐: It's a Good Thing - Eric Dodge



(Dedicated to my Brio class)

INTRO: 24 (slow count) No tags/No restarts

SECTION ONE: RIGHT ROCK RECOVER LEFT, CROSS, LEFT ROCK RECOVER RIGHT, CROSS, ROCKING CHAIR, RIGHT ROCK RECOVER LEFT, STEP TOGETHER.

1&2 Rock to the right, on right foot, recover on left foot, cross right over left.
3&4 Rock to the left, on left foot, recover on right foot, cross left over right.
5&6& Rock forward on right, back on left, back on right, forward on left.
7&8 Rock to the right, on right foot, recover on left, step right next to left.

SECTION TWO: ROCK LEFT RECOVER RIGHT, CROSS, RIGHT ROCK RECOVER LEFT, CROSS, ROCKING CHAIR, LEFT ROCK RECOVER RIGHT, STEP TOGETHER.

1&2 Rock to the left, on left foot, recover on right foot, cross left over right.
3&4 Rock to the right on right foot, recover on left, cross right over left,
5&6& Rock forward on left, back on right, back on left, forward on right
7&8 Rock to the left, on left foot, recover on right, step left next to right.

SECTION THREE: SUGAR FOOT RIGHT AND LEFT, COASTER RIGHT, ROCK RECOVER ½ TURN RIGHT

1&2 Touch right toe next to left foot, scuff left heel, stomp right foot,
3&4 Touch left toe next to right foot, scuff left heel, stomp left foot.
5&6 Step back on right, step back on left, step forward on right.
7&8 Rock forward on left, recover on right while making ½ turn to the right, step on left.

SECTION FOUR: TOE SWITCHES RIGHT AND LEFT, HEEL SWITCHES FORWARD AND BACK, WALK, WALK, KICK BALL CHANGE.

1&2& Touch right toe to right side and together, touch left toe to left side and together.
3&4& Touch right heel out and back, touch left toe out and back,
5,6 Walk right, walk left,
7&8 Kick out right foot, step on ball of right foot, step on left foot.

E.O.D: Start dance again, have a great time and smile. (EMAIL: SANDYUTAH82@GMAIL.COM)

Last Update: 28 Feb 2023