

I Got It Good

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Dans & Moro (NOR), Heidi Brenden (NOR), Irene Charlotte Lyng (NOR), Nils Ole Nilsen (NOR) & Rocki'n Linedance Rakkestad (NOR) - November 2024
音樂: GOT IT GOOD - James Johnston



Restart: 2 (Wall 3 & 4)

Section 1 (1-8): Side, together, side together side, touch, step touch x2, side ¼ turn L (Chasse ¼ turn L), Touch/Bruch

- 1 - 4 Step RF to RS (1) Step LF next to RF (2) Step RF to R Side (3) Step LF next to RF (&) Step RF to R side (4) touch LF next to RF (&)
- 5 - 8 Step LF to L side (5) Touch RF next to LF (&) Step RF to R side (6) Touch LF next to RF (&) Step LF to L Side (7) Step RF next to LF (&) Step LF ¼ turn L (8) Touch/Bruch RF next to LF (&) (Facing 9:00)

Section 2 (9-16): Step Tap Step, Back lock step, Triple full turn L, Side Rock R

- 1-4 Step RF fwd (1) Tap LF behind RF (&) Step LF back (2) Step RF Back (3) Lock LF in front of RF (&) Step RF back (4)
- 5 -8 Step LF half turn L (5) Step RF together (&) Step LF half turn L (6) (facing 9:00) Rock RF to R side (7) Recover LF (8) (alt. styling: as you rock RF to right side, lift left heel while bending left knee)

Section 3 (17-24): Vaudeville, Cross, ¼ Turn Left, L coaster step, Run, Run, Run

- 1-4 Cross RF in front of LF (1) Step LF slightly back (&) Dig R heel to R diagonal (2) Step RF next to LF (&) Cross LF in front of RF (3) ¼ turn L stepping RF back (4)
- 5 -8 Step LF back (5) Step RF next to LF (&) Step LF Fwd (6) Run fwd with small steps R, L, R (7&8) slightly bending knees. (facing 6:00)

Section 4 (25-32): Rock ¼ Turn R, Cross, Side Rock Cross, Turn ¾ R, Rock ¼ Turn R, Cross

- 1-4 Rock LF ¼ turn L (1) Recover Weight on RF (&) Cross LF in front of RF (2) (facing 9:00) Rock RF to R side (3) Recover weight on LF (&) Cross RF in front of LF (4)
- 5-8 Step LF ¼ turn R (5) Step RF ½ turn R (6) Rock LF ¼ turn L (7) Recover Weight on RF (&) Cross LF in front of RF (8)

Restart 1: wall 3 after 16 counts facing 3.00 Step change; on count 7,8 in section 2, to Right mambo 7&8, and restart the dance.

Restart 2: Wall 4 after 24 Counts facing 9:00 Step change: on count 8 in section 3 Stomp RF next to LF, keep weight on LF, Restart the dance

Have fun ☐ Contact: Heidi.brenden1970@gmail.com, nilsendaya@gmail.com