

Goodies

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Alice Lim (SG) - December 2004
音樂: Goodies (feat. T.I. & Jazze Pha) - Ciara



1 2 Step R to
side, Touch L
behind

*Arm: @ CT 2
slash L fist dia.
down in a curve
to R side (as if L
hand is holding
a knife)*

&3&4 Jump to L
side, Touch R
behind L, Jump
to R side, Touch
L behind R

*Arm: Optional -
@3 slash R fist
dia. down to L
side and @4
slash L fist dia.
down to R side*

5&6 Rolling
Vine to L - 1/4
turn L, 1/2 turn
L, 1/4 turn L
ending with Ls
apart

7 Squat & at
same time slap
thighs with
hands (7),
& While still
squating, punch
both fists down -
R fist infront & L
fist behind

8 Jump up to
close Ls
*Arm: While
jumping up,
move both fists
up as if you are
zipping up a
jacket both
infront & behind*

(R fist will end
infront of upper
chest & with R
lower arm in
horizontal
position)

**SIDE, TOUCH,
SIDE, TOUCH,
ROLLING VINE,
BACK, TOUCH**

1 2 Big step to
R, Touch L
together

3 4 Big step to
L, Touch R
together

Arm: @1 swing

R arm clockwise

*3/4 of a big
circle ending
with arm by the
sde*

@2 Bring L fist
to chest level
with L lower arm
horizontal

@3 mirror
image of arm
movemt for ct. 1
(swing anti-
clockwise)

@4 mirror
image of arm
movemt for ct.
2

5&6 Rolling vine
to R - 1/4 turn
R, 1/2 turn R,
1/4 turn R
ending with Ls
together

7&8 Big step
back with LL,
Touch R
together

*Arm: @7 push
both fists fwd as
you step back*

**SIDE, STOMP,
SIDE, STOMP,
STOMP &
STOMP, FWD-
TURN-
TOGETHER**

1 2 Big step R
to side (1),
Stomp L tog.
(2)

*Arm: While
stepping to R,
bring R arm &
fist to the front
(arm straight &
knuckles facing
down towards
floor)*

& rotate fist
round 2 small
circles as if
stirring a cup of
coffee placed
on a low table
infront of legs
for counts 1&
(stir just 1 circle
for ct. 1 only if
you find 2
circles difficult
to co-ordinate)

@2 while
stepping L tog.
return R arm to
the side

Optional : while
moving R arm
to side @ count
2, raise L hand
with lower arm
vertical & palm
facing 3.00

3 4 Big step L to
side, Stomp R
tog

*Arm: While
stepping to L,
slap R hand on
R side of R
thigh 2X for
counts 3&*

Optional : @4
while stomping
RL, raise R
hand (R lower
arm vertical) so
that palm faces
9.00

5&6 Stomp R
fwd making 1/8
turn R, Raise R,
Stomp R fwd
again making
another 1/8 turn
R (3.00)

*Arm: @5&6,
with hands
apart in front of
chest & palms
facing each
other, glide R
hand up-down-
up
while L hand
goes down-up-
down (as if you
are rubbing yr
hands except
that palms do
not touch each
other)
7&8 Step L fwd,
Pivot 1/2 turn R,
L tog. (9.00)*

**FWD,
TOGETHER,
SIDE,
TOGETHER,
TOE
SWITCHES,
KICK-
TOGETHER-
FWD**

1 2 Step R fwd,
L tog.

*Arm: While
stepping R fwd,
with lower arms
in horizontal
position &
in front of chest,
roll R fist over L
fist*

in 2 small
circles for
counts 1& (roll 1
circle for ct. 1
only if you find 2
circles difficult
to co-ordinate)
@ 2 keeping L
lower arm
horizontal, raise
R arm to vertical
position as if
showing bicep
(muscle)
3 4 Big step to
R, L tog.

Arm: @ 3 move
R hand over
head as if
combing hair
from L side of
head to the
back ending
behind R ear
@ 4 punch L fist
out to side
5&6& Twist
1/4R touching R
toe fwd, R tog,
touch L toe fwd,
Step back
slightly on L
making 1/4R
(3.00)
7&8 Kick R fwd,
R tog., Step L
fwd

**HEEL
SWITCHES,
BUMP-BUMP-
TWIST, KICK-
TOGETHER-
FWD**

1&2& Touch R
heel fwd, R tog,
Touch L heel
fwd, L tog
3&4 Touch R
heel fwd, Turn
head to look R,
Head back to
centre
Arm: @3 click R
fingers with R
hand in front of
chest
5&6 Turning 1/4
L bump R hip,
bump L hip,
Twist 1/4L wt
ending on RL
(9.00)
7&8 Kick L fwd,
L tog, Step R
fwd

**STEP-HOLD-
TWIST, KICK-
TURN-STEP
X2, HEEL-TOG-
DIG**

1&2 Step L to
side (Ls apart),
Hold, Twist
1/4R wt ending
on RL (12.00)
*Arm: @1 touch
L fingers on L
shoulder, elbow
pointing towards
floor*
(imagine that
head & body
form a door
while L arm
forms the
handle)
@& grab L arm
with R hand (as
if grabbing
handle of door)
@3 pull on L
arm as you twist
1/4 R (as if
opening the
door)
3&4 Kick L fwd,
Step slightly
back on L
turning 1/2 R,
Step R fwd
(6.00)
5&6 Repeat
above steps
(12.00)
7&8 Touch L
heel fwd, L tog,
Dig R heel fwd
*Arm: @8, punch
both fists down
in front crossing
arms at the
wrists*

PHRASING:

12.00: Full
dance (48 cts)
32 counts
3.00: 32 cts
6.00: Full dance
32 cts
9.00: Full dance
32 cts
After that, 32 cts
each for
remaining 5
walls

FINISH:

After 32 cts at the last wall, you will be facing 3.00. For the extra one count of music, step R to side turning 1/4L to finish facing front.

If you are using Track 1, music is shorter by 64 cts. So you will end facing 9.00. To finish facing front, step R to side turning 1/4R for the extra count.
