

I've Been Good

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Count: 32

Wall: 2

Level: Intermediate

Choreographer: Alison Biggs & Peter Metelnick (TheDanceFactoryUK) - March 2019

Music: I've Been Good - Cassadee Pope

Start after 16 counts - approx. 13 secs - 3mins 28secs - 72bpm

Music Available: Amazon

[1-8&] Step R side, L behind, $\frac{1}{4}$ R & fwd, L fwd, $\frac{1}{2}$ R pivot turn, R full turn forward, L fwd, $\frac{1}{4}$ R pivot turn, L cross step, R side rock/recover

- 1-2&3** Step R side, cross step L behind R, turning $\frac{1}{4}$ right step R forward, step L forward (3 o'clock)
- 4&5** Pivot $\frac{1}{2}$ right, turning $\frac{1}{2}$ right step L back, turning $\frac{1}{2}$ right step R forward (or walk fwd 2) (9 o'clock)
- 6&7** Step L forward, pivot $\frac{1}{4}$ right, cross step L over R (12 o'clock)
- 8&** Rock R side, recover weight on L

[9-16&] Walk fwd 2, R fwd rock/recover, R lock step back, $\frac{1}{2}$ L & L fwd, R fwd, $\frac{1}{2}$ L pivot turn, step R/L fwd

- 1-2** Step R forward, step L forward
- 3&** Rock R forward, recover weight on L
- 4&5** Turning body slightly to the right step right R back, lock L over R, step R back starting to turn left
- 6** Turning $\frac{1}{2}$ left step L forward (6 o'clock)
- 7&** Step R forward, pivot $\frac{1}{2}$ left (12 o'clock)
- 8&** Step R forward, step L forward

RESTART ON WALL 3 here facing FRONT wall

[17-24&] R fwd & sweep L, L cross step, step R back to face 11 o'clock, step L back & sweep R, cross R behind, step L fwd to 7 o'clock, R fwd, L fwd mambo & sweep, R behind, L fwd to 5 o'clock

- 1-2&3** Step R forward sweeping L over, cross step L over R, step R back on diagonal (11 o'clock), step L back & sweep
- 4&5** Cross step R behind L, step L forward to diagonal (7 o'clock), step R forward

These steps are carried out in the shape of a 'V' or you can think of it as a ½ of a diamond shape

6&7 Rock L forward, recover weight on R, step L back sweeping R behind L

8& Cross step R behind L, turning to next diagonal (5 o'clock) step L slightly forward

RESTART ON WALL 6 here BUT change 8& to a R rock back/recover turning ⅛ left to face BACK wall

[25-32&] On diagonal: R rocking chair, R jazz box cross squaring to 6 o'clock, ¼ L step R back, ½ L step L fwd, R fwd, ¼ L pivot turn, R cross rock/recover

1&2& Still on diagonal rock R forward, recover weight on L, rock R back, recover weight on L

3&4& Cross step R over L, step L back, turning ⅛ right step R side, cross step L over R (6 o'clock)

5-6 Turning ¼ left step R back, turning ½ left step L forward (9 o'clock)

7&8& Step R forward, pivot ¼ left, cross rock R over L, recover weight on L (6 o'clock)

ENDING: During wall 8 dance up to count 20&, cross step R over L & unwind to face front wall

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