

I Know a Good Thing

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Christine Stewart (NZ) Jan 2014

Music: Good Thing by Keith Urban. Album: Fuse (Deluxe Version) (3:53)

Start position: Face 12 o'clock with weight on Left and Right touched beside Left

Intro: 40 counts after opening guitar riff. Touch RIGHT HEEL forward on the word "hold" during the first line of lyrics which says, "Oh just HOLD it now"

RIGHT HEEL FORWARD, TOGETHER, LEFT HEEL FORWARD, TOGETHER, STEP, ½ PIVOT LEFT, RIGHT HEEL FORWARD, TOGETHER, LEFT HEEL FORWARD, TOGETHER, STEP, ½ PIVOT LEFT

- 1&2&** Touch Right heel forward with toes raised off floor, step onto Right beside Left, touch Left heel forward with toes raised off floor, step onto Left beside Right
- 3-4** Step Right forward, turn ½ left on balls of both feet transferring weight onto Left (6:00)
- 5&6&** Touch Right heel forward with toes raised off floor, step onto Right beside Left, touch Left heel forward with toes raised off floor, step onto Left beside Right
- 7-8** Step Right forward, turn ½ left on balls of both feet transferring weight onto Left (12:00)

HEEL SWITCHES - RIGHT, LEFT, RIGHT, LEFT, HEEL, HOOK, HEEL, HOOK, HEEL, FLICK, HEEL HOOK

- 1&2&** Touch Right heel forward with toes raised off floor, step onto Right beside Left, touch Left heel forward with toes raised off floor, step onto Left beside Right
- 3&4&** Touch Right heel forward with toes raised off floor, step onto Right beside Left, touch Left heel forward with toes raised off floor, step onto Left beside Right
- 5&6&** Touch Right heel forward with toes raised off floor, touch Right heel against Left shin, touch Right heel forward with toes raised off floor, touch Right heel against Left shin
- 7&8&** Touch Right heel forward with toes raised off floor, lift Right off floor and flick foot backwards with Right knee turned in slightly towards Left knee (optional: hit Right heel with Right hand), touch Right heel forward with toes raised off the floor, touch Right heel against Left shin

SWAY RIGHT, SWAY LEFT, SIDE, TOGETHER, ¼ TURN RIGHT, STEP, ½ PIVOT RIGHT, SIDEWAYS ¼ RIGHT, FLICK BEHIND, POINT RIGHT

- 1-2** Step Right to right side swaying/rocking right, recover/sway sideways onto Left hitching Right slightly at the same time (this just makes the next step flow better)
- 3&4** Step Right sideways right, step onto Left beside Right, turn $\frac{1}{4}$ right and step Right forward (3:00)

***** ENDING occurs here during wall 7. You will be facing 9:00. To finish facing 12:00 - step Left forward, turn $\frac{1}{4}$ right on balls of both feet transferring weight onto Right**

- 5&6** Step Left forward, turn $\frac{1}{2}$ right on balls of both feet transferring weight onto right, turn $\frac{1}{4}$ right and make a large step sideways left with Left dragging/sliding Right along floor towards Left (12:00)
- 7-8** Flick Right foot behind Left knee with Right knee turned out towards right front diagonal and sole of Right facing 9:00 (optional: hit Right heel with Left hand), touch/point Right sideways right (weight should remain on Left for these 2 counts)

$\frac{1}{4}$ TURN RIGHT, HEEL GRIND $\frac{1}{2}$ TURN RIGHT, COASTER BACK, HEEL GRIND $\frac{1}{2}$ TURN LEFT, COASTER BACK

- 1-2** Turn $\frac{1}{4}$ right and touch Right heel forward (3:00), turn $\frac{1}{2}$ right on heel of Right and AT THE SAME TIME step Left back (9:00)
- 3&4** Step Right back, step onto Left beside Right, step Right forward
- 5-6** Touch Left heel forward with toes raised off the floor, turn $\frac{1}{2}$ left on heel of Left and AT THE SAME TIME step Right back (3:00)
- 7&8** Step Left back, step onto Right beside Left, step Left forward

**** Restart 2 occurs here during wall 3. Dance will restart facing 9:00**

***** Restart 3 occurs here during wall 5. Dance will restart facing 3:00**

SIDE, TOGETHER, STEP FORWARD, STEP, $\frac{1}{2}$ PIVOT RIGHT, STEP-LOCK-STEP, STEP BACK, $\frac{1}{2}$ TURN LEFT

- 1&2** Step Right sideways right, step onto Left beside Right, step Right forward
- 3-4** Step Left forward, turn $\frac{1}{2}$ right on balls of both feet transferring weight onto Right (9:00)
- 5&6** Step Left forward, step/cross Right behind Left transferring weight onto Right, step Left forward
- 7-8** Step Right back, turn $\frac{1}{2}$ left and step Left forward (3:00)

POINT RIGHT, FLICK BEHIND, POINT RIGHT, CROSS, SIDE, RIGHT HEEL FORWARD, TOGETHER, CROSS, STEP BACK, ¼ LEFT SIDE SHUFFLE

- 1&2** Point/touch Right sideways right, flick Right foot behind Left knee with Right knee pointing towards right diagonal and sole of Right facing 12:00 (optional: hit Right heel with left hand), point/touch Right sideways right
- 3&4&** Cross Right over in front of Left, step Left slightly sideways left, touch Right heel forward with toes raised off floor, step onto Right beside Left
- 5-6** Cross Left over in front of Right, step Right back
- 7&8** Turn ¼ left and step Left sideways left, step onto Right beside Left, step Left sideways left (12:00)

RIGHT HEEL-BALL-CROSS, RIGHT HEEL-BALL-CROSS, TOE, HEEL, TOE, ¼ TURN RIGHT HOOK TURN

- 1&2** Touch Right heel forward with body angled to right front diagonal, step onto Right beside left, cross Left over in front of Right
- 3&4** Touch Right heel forward with body angled to right front diagonal, step onto Right beside left, cross Left over in front of Right
- 5** Touch toes of Right sideways right with Right knee turned in towards Left knee and heel of Right raised off floor and AT THE SAME TIME twist/fan Left heel to the right. (body, and toes of Left, should now be facing front left diagonal)
- 6** Touch Right heel sideways right with toes raised off the floor and facing 3:00 and AT THE SAME TIME twist/fan toes of Left to the right (body, and toes of Left, should now be angled towards right front diagonal)
- 7** Touch toes of Right sideways right with Right knee turned in towards Left knee and heel of Right raised off floor and AT THE SAME TIME twist/fan Left heel to the right. (body, and toes of Left, should now be facing front left diagonal)

Note: During counts 5-7 you will travel slightly sideways right

- 8** Turn ¼ right on ball of Left with Right heel touched against shin of Left (3:00)

*** Restart 1 occurs here during wall 2. Dance will Restart facing 6:00**

STEP, ¼ RIGHT, CROSS SHUFFLE, ¼ TURN LEFT, ½ TURN LEFT, STEP, ½ PIVOT LEFT

- 1&2** Step forward onto Right (1), turn ¼ right on ball of Right (&), point/touch Left sideways left (2) (6:00)

- 3&4** Cross Left over in front of Right, step Right sideways right, cross Left over in front of Right
- 5-6** Turn $\frac{1}{4}$ left and step Right back, turn $\frac{1}{2}$ left and step Left forward (9:00)
- 7-8** Step Right forward, turn $\frac{1}{2}$ left on balls of both feet transferring weight onto Left (3:00)

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