

# If It Feels Good

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Ivy DeChant (USA) - 13 August 2021

Music: If It Feels Good (Then It Must Be) - Leon Bridges



Dance starts on lyrics, Live from the funk - No Tags or Restarts

## S1: KICK, KICK, COASTER, ROCK-RECOVER, ½ SHUFFLE

1-2 R Kick forward, R kick forward  
3&4 R Step back, L together, R forward  
5-6 L Rock forward, recover R  
7&8 ½ Shuffle turn to the L

## S2: ROCK-RECOVER, CROSS SHUFFLE, ¼ ROCK-RECOVER, COASTER

1-2 R Side rock, recover L  
3&4 R Cross over L, step L, R cross over L  
5-6 ¼ L Rock forward, recover R  
7-8 L Step back, R together, L forward

## S3: V-STEPS, KNEE HITCHES, STEP BACK

1-4 R Step out, L step out, R step in, L step in  
5-6 R Knee hitch up from front to back, R step back  
7-8 L Knee hitch up from front to back, L step back

## S4: ROCK-RECOVER, ½ SHUFFLE. ROCK-RECOVER, ½ SHUFFLE

1-2 R Rock back, recover L  
3&4 ½ Shuffle turn to the L  
5-6 L Rock back, recover R  
7&8 ½ Shuffle turn to the R

Last Update - 16 August 2021-R2