

LFG (Life Feels Good)

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver / Easy Intermediate

Choreographer: Lu Olsen (AUS) - March 2025

Music: LFG - Nate Smith : (iTunes)



#16 count Intro Start on Vocals Ver: 1.00

[1-8] Fwd, Fwd, Full L turn fwd, Fwd, Lock, Fwd, Fwd, ¼ side

- 1, 2, Step R fwd, Step L fwd, 12.00
- 3, 4, (Full L turn fwd) ½ Left turn & step R back, ½ Left turn & step L fwd 12.00
- 5 & 6 Step R fwd, Lock L behind R, Step R fwd 6.00
- 7, 8 Step L fwd, ¼ Right & step R to Right 3.00

[9-16] Cross, Recover, Side shuffle, ¼ back Anchor, ¼ turn sailor fwd

- 1, 2 Rock L over R, Recover onto R, 3.00
- 3 & 4 (Small Side shuffle) Step L to Left, Step R tog, Step L to Left 3.00
- 5 & 6 (Anchor steps) ¼ Right turn & Step R behind L, Cross L over R, Recover back on R 6.00
- 7 & 8 (1/4 turn L sailor fwd) Sweep/step L behind R, ¼ Left turn & step R to Right, Step L fwd 3.00

[17-24] Fwd, ¼ Cross, Side, Cross, ¼ back, Back Lock, Back, Back, Recover

- 1, Step R fwd,
- 2 & 3 (Turning lock shuffle) ¼ left turn & cross L over R, Step R to Right, Cross L over R, 12.00
- 4, ¼ Left turn & step R back 9.00
- 5 & 6 (Back lock shuffle) Step L back L45, Lock R over L, Step L back L45 9.00
- 7, 8, Step R back, Recover onto L 9.00

[25-32] Cross Kick ball fwd, Touch ball fwd, Cross, Back, ¼ fwd, Fwd

- 1 & 2 (Moves fwd to Left 45) Kick R across L, Step R to centre, Step L fwd at L45, 9.00
- 3 & 4 (Moves fwd to Left 45) Kick R across L, Step R to centre, Step L fwd at L45, 9.00
- 5, 6, (Turn jazz box) Cross R over L, ¼ R turn & step L back,
- 7, 8 1/4 Right turn & step R fwd, Step L fwd 3.00

****2 SHORT WALLS:**

WALL 4 (9.00) dance to count 16 * restart Wall 5 to 12.00

WALL 8 (9.00) dance to count 16 * restart Wall 9 to 12.00

Last wall - Wall 10 (3.00) dance to count 16* add sharp ½ left turn & step R back to face 12.00