

I Feel Good Today

COPPER **KNOB**
BY THOMAS RHETT

拍数: 48 墙数: 4 级数: Improver / Intermediate
编舞者: Ivan Garcia (USA) - September 2015
音乐: I Feel Good - Thomas Rhett : (Album: Tangled Up)



Count In: 16 counts from start of track, dance begins on vocals.

Tags: 1 Tag before starting the 3rd wall; you will be facing (6:00) and repeat 48ct.

S1: ROCK FORWARD R, RECOVER L, BACK SHUFFLE R, 1/4 TURN HING L WITH SIDE POINT TOUCH R, STEP R WITH 1/2 TURN, SIDE ROCK L, RECOVER R

1 2 Rock RF forward (1), recover on LF (2) (12:00)
3&4 Shuffle back; right (3) left (&) right (4)
5 6 Step LF back with 1/4 turn left (5), side point touch RF (6) (9:00)
7&8& Step on RF with 1/2 turn (7), side rock LF (&), recover on LF (8) (3:00)

S2: CROSS L OVER R, SIDE ROCK R, CROSS R OVER L, SIDE STEP L WITH L SWAY, SWAY R, HIP BUMPS L X2

1 2 Cross LF over RF (1), Side rock RF (2)
3 4 Recover on LF (3), Cross RF over LF (4)
5 6 Side step LF with Left Sway (5), Sway to Right (6)
7&8& Hip bump Left (7), Move hip slightly right (&), Hip bump left (8) (3:00)

S3: CROSS ROCK R OVER L, RECOVER L, SIDE SHUFFLE R, CROSS STEP L OVER R, 1/2 TURN FORWARD SHUFFLE L

1 2 Cross rock RF over LF (1), Recover on RF (2) (3:00)
3&4 Side shuffle Right; Right (3), Left (&), Right (4)
5 6 Cross LF over RF (5), Recover on RF (6) (3:00)
7&8& Shuffle LF with 1/2 turn Left; Left (7), Right (&), Left (8) (9:00)

S4: ROCK FORWARD R, RECOVER L, COASTER STEP R, ROCK FORWARD L, RECOVER R, STEP TOGETHER, ROCK BACK R, RECOVER L

1 2 Rock forward RF (1), Recover LF (2)
3&4 Right step behind (3), Left step beside Right (&), Right step forward (4).
5 6 Rock forward LF (5), Recover back onto RF (6)
&7 8& Step LF beside RF (&), Rock back RF (7), Recover forward onto LF (8) (9:00)

S5: CROSS R, SIDE ROCK L, CROSS L, SIDE ROCK R (or Diagonal Cross side rock X2), JASS BOX R AND CROSS

1&2 Step RF forward and slightly across LF (1), rock ball of LF to left side (&), recover weight RF (2) (1:30)
3&4 Step LF forward and slightly across RF (3), rock ball of RF to right side (&), recover weight LF (4) (10:30)
5 6 Step RF over LF (5), LF step back (6) (SQUARE OFF @ 9:00)
7 8 Step RF to RF side (7), step LF across RF (8)

S6: CHASSE R, ROCK BACK ON LEFT AND RECOVER ON RIGHT, CHASSE L, ROCK BACK ON RIGHT, RECOVER ON LEFT

1&2 Side RF shuffle; right (1), left (&), right (2)
3 4 Rock LF behind RF (3), recover onto RF (4)
5&6 Side LF shuffle; left (5), right (&), left (6)
7 8 Rock RF straight behind LF (7), recover onto LF (8) (9:00)

REPEAT

TAG: BEFORE STARTING THE 3 WALL, DO: -

DIAGONAL STEP TOUCH FORWARD, RIGHT, LEFT WITH HIP BUMPS, DIAGONAL STEP TOUCH BACK, RIGHT, LEFT WITH HIP BUMPS

- 1 2 Step right diagonally forward (1), touch left together with R hip bump (2)
- 3 4 Step left diagonally forward (3), touch right together with L hip bump (4)
- 5 6 Step right back to right diagonal (5), touch left together with R hip bump (6)
- 7 8 Step left back to left diagonal (7), touch right together with L hip bump (8)

Very funky dance...keep dancing.

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Last Update - 19th Nov 2015
