

Feels So Good

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Kerry Maus (USA) - October 2015
音乐: Ooh La La (Feel so Good) - Farmdale : (iTunes)



**** Windy City Line Dance Mania 2015 Second place finisher in Heat 2 ****

#32 COUNT INTRO

MODIFIED MONTEREY ½ RIGHT, LEFT SIDE ROCK, RECOVER, CROSS, R SIDE ROCK, RECOVER, CROSS, SIDE, BEHIND, ¼ TURN LEFT

1 2 Touch R toe to R side, turn ½ R and step R together,
3&4 L Side Rock recover R, Cross L over R
5&6 R side rock recover L, Cross R over L
&78 Step L to L side, Cross R behind L, step L to L side as you make a ¼ turn L

½ DIAMOND BOX, KNEE POP, BALL-BACK INTO SIT, RECOVER

1&2 Cross R over L, Step L to L, Make 1/8 turn right stepping R back
3&4 Step L back, Make 1/8 turn right stepping R to R, Make 1/8 turn right stepping L fwd
5&6 Step R slightly fwd, pop knees fwd by lifting heels, Return knees and heels to normal position with weight ending on L
&78 R Ball back, Step Back on L and drop body back and down into sit position, with weight over L foot, recover back forward ending with weight on R

(Alternative styling option for counts 7-8. Step back on L into a Body Roll, Start with moving head back, to shoulders, then back, and sit weight back onto hips, then reverse back up.)**

STEP, HEEL SWIVELS, TOE, CROSS, STEP, TOE, STEP, HEEL, STEP, ½ TURN CHASE TURN

&1&2 Squaring up to 6:00, Step L to L, lift R heel and Swivel in & out and replace (weight to R) Lift L heel and swivel in
&3&4 and replace (weight to L), Lift R heel and swivel in, touch R toe beside L, touch R heel in front
&5&6 Step R foot fwd, Touch L toe behind R, step L in place, R heel in front
&7&8 R ball, step L fwd, ½ turn to R, weight to R, step L fwd.

KICK, STEP, SIDE ROCK, RECOVER, KICK, STEP, SIDE ROCK, RECOVER, ½ TURN JAZZ BOX, TRIPLE FWD, STEP

1&2& Kick R fwd, step down on R, rock L to L side, recover on R
3&4& Kick L fwd, step down on L, Rock R to R side, recover on L
5&6& Cross R over L, Step L Back making ¼ turn R, step back R turning ¼ turn to R, step fwd L
7&8& Step R fwd, step L beside R, Step R fwd, Step L Fwd

RESTART

Have fun!

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