

It Feels Good

COPPER KNOB
STEPPERS

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Rich Klender (USA) - February 2017
音乐: It Feels Good - Drake White



Side Duck Walk, Shuffle Forward, Step ¼ Pivot, Step ¼ Pivot

- 1 Step right to right side while turning heels in (no weight on right)
- 2 Transfer weight to right while bringing toes back to center
- 3&4 Left shuffle forward (left, right, left)
- 5-6 Step right forward, pivoting ¼ turn to left, taking weight on left.
- 7-8 Step right forward, pivoting ¼ turn to left, taking weight on left.

NOTE: Counts 5-8 can be done with hip rolls instead of pivot turns.

Side Duck Walk, Shuffle Forward, Step ¼ Pivot, Step ¼ Pivot

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NOTE: Counts 5-8 can be done with hip rolls instead of pivot turns.

Syncopated Grapevine, Hip Bumps

- 1-2 Step right to right side, step left behind
- 3&4 Step right to right side, step left across right, step right to right side
- 5&6 Bump hips: left, right, left (weight ends on left)
- 7&8 Bump hips: right, left, right (weight ends on right)

NOTE: Side body rolls can be done instead of hip bumps, 5-6 roll left, 7-8 roll right.

Side Rock-Recover, ¼ Turn, Sailor Step, Hop Forward, Shimmies

- 1-2 Rock left to left side, recover right
- 3&4 ¼ turn left sailor step (left, right, left)
- &5 Hop forward: right, left (weight ends on left)
- 6-8 Shimmie hips/shoulders left, right, left (weight stays on left foot)

Walk Back, Shuffle Back, Walk Back, Shuffle Back

- 1-2 Step right back, then left
- 3&4 Shuffle back (right, left, right)
- 5-6 Step left back, then right
- 7&8 Shuffle back (left, right, left)

REPEAT!

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