

I Feel Good (Tibetan Song)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: DQLD (INA) - November 2024
音乐: Nangwa Kyipa (纳瓦吉瓦) - Lawrence (達桑嘉措)



No Tag, 1 Restart on Wall 1 after 16c

Intro: 16c

Section 1: Walk R, L, Mambo Forward, Side, Cross, Side, Heel

12 Step RF frwd, Step LF frwd
3&4 Step RF frwd, Recover LF, Step RF back
5678 Step LF to L, Step RF across LF, Step LF to L, Touch R Heel to R

Section 2: Side, Cross, Side, Heel, Modified Rocking Chair Turn ¼ L, Modified Mambo

1234 Step RF to R, Step LF across RF, Step RF to R, Touch L Heel to L
5& Turn 1/8 L Dig LF Heel frwd, Recover RF (10.30)
6& Turn 1/8 L step LF back, Recover RF (09.00)
7&8 Dig LF Heel frwd, Recover RF, Step LF back

(Restart here on Wall 1)

Section 3: Back, Back, ¼ R Side, Touch, Full Turn Rolling Vine

12 Step RF back, Step LF back
34 Turn 1/4R Step RF to R, Touch LF beside RF (12.00)
5678 ¼ L Step LF Frwd Recover RF, ¼ L Step RF to R, ½ L Step LF to L, Touch Rf beside LF

Section 4: Side Shuffle R, Side Shuffle L, Turn ¼ L Side Shuffle R, Side Shuffle L

1&2 Step RF to R, Step LF beside RF, Step RF to R
3&4 Step LF to L, Step RF beside LF, Step LF to L
5&6 Turn ¼ L Step RF to R, Step LF beside RF, Step RF to R (09.00)
7&8 Step LF to L, Step RF beside LF, Step LF to L

Have fun!

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