

# LFG (Life Feels Good)

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 4  
编舞者: Lu Olsen (AUS) - March 2025  
音乐: LFG - Nate Smith : (iTunes)

级数: Improver / Easy Intermediate



#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**