

Feel Good!

COPPER KNOB
BY STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Lisen Persson (SWE) - July 2008
音乐: Feel Good - Ola Svensson



Walk, Walk, Shuffle, Rock, Recover, Shuffle ½ Left

1-2 Walk right forward, walk left forward
3&4 Step right forward, step left together, step right forward
5-6 Rock left forward, recover to right
7&8 Turn ¼ left and step left to side, step right together, turn ¼ left and step left forward (facing 6:00)

Turn ¼ Left, Behind, Side, Cross Shuffle, Rock, Recover, Cross Shuffle

&1-2 Turn ¼ left and step right to side, cross left behind right, step right to side (facing 3:00)
3&4 Cross left over right, step right together, cross left over right
5-6 Rock right to side, recover to left
7&8 Cross right over left, step left together, cross right over left

Step, Cross, Unwind ½ Right, Rock, Recover, Cross Shuffle, Kick Ball Touch

&1-2 Step left to side, cross right behind left, unwind ½ right (weight on left, facing 9:00)
3-4 Rock right to right, recover to left
5&6 Cross right over left, step left together, cross right over left
7&8 Kick left diagonally left, step left together, touch right to side

Cross, Touch, Cross, Touch, Jazz Box (Cross)

1-2 Cross right over left, touch left to side
3-4 Cross left over right, touch right to side
5-6 Cross right over left, step left back
7-8 Step right to side, cross left over right

Restart Here On Your 3rd Wall

Rock, Recover, Cross Shuffle, Side, Turn ¼ Right, Cross Shuffle

1-2 Rock right to right, recover to left
3&4 Cross right over left, step left beside right, cross right over left
5-6 Step left to side, turn ¼ right and step right to side (facing 12:00)
7&8 Cross left over right, step right together, cross left over right

Side, Heel & Toe Swivels, Knee Pop, Coaster Step, Heel Bounce (& Knee Pops)

1 Step right to side
2&3 Swivel left heel towards right, swivel right heel out to right, swivel left toe towards right
4-5 Swivel right toe out to right, pop right knee (diagonally right, weight on left)
6&7 Step right back, step left beside right, step right forward
8&1 Step left forward, lift both heels up (pop knees forward), put heels back down (weight on right)

Coaster Step, Step, Bounce Turn ½ Left, Coaster Step, Kick Ball Step

2&3 Step left back, step right beside left, step left forward
4&5 Step right forward, turn ½ left as you bounce heels twice (weight on right, facing 6:00)
6&7 Step left back, step right together, step left forward
8&1 Kick right forward, step right together, step left forward

On your 6th wall there is a **BREAK** in the music. Hold 2-3-4 & step left together and start over again

Twist, Twist, Coaster Cross ¼ Left, Sway, Sway, Touch

- 2-3 Twist heels to left and turn body 1/8 right, twist heels and body back to center (weight on right)
- 4&5 Step left back, step right together, turn ¼ left and cross left over right (facing 3:00)
- 6-8 Step right to right and sway hips right, left, touch right together

Repeat

TAG: After your 1st and 4th wall

Rock, Recover, Behind, Side, Cross, Rock, Recover, Behind, Side, Cross

- 1-2 Rock right to right, recover to left
- 3&4 Cross right behind left, step left beside right, cross right over left
- 5-6 Rock left to left, recover to right
- 7&8 Cross left behind right, step right beside left, cross left over right
-