

# Feel Good!

**COPPER KNOB**  
STEPPERS

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
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