

# Feel Good Cha

**COPPER KNOB**  
STEPSHEETS

拍数: 48      墙数: 4      级数: Intermediate - Latin Cha  
编舞者: Jennifer Choo Sue Chin (MY) - March 2012  
音乐: I Feel Good - Mirko Casadei : (Album: The Ultimate Latin Album 10)



**Intro:** Song will start with a scream and "I Feel Good!" Start on the vocal "Good".

## **Set 1: Side, Rocking Chair, Back, ¼R, Fwd Shuffle**

- 1-2&3&      Step LF to L, Cross rock RF over LF, Recover on LF, RF back rock to diag R, recover on LF (10:30)  
4&5      Cross rock RF over LF, Recover on LF, RF take a big step back to diag R (10:30)  
6-7      Step LF behind RF, execute slightly more than ¼R shifting weight stepping RF next to LF (3:00)  
8&1      Step LF fwd, Lock RF behind LF, Step LF fwd

## **Set 2: Right heel swivels, Both heels swivels, ½L, back rock, L chasse**

- 2&3&      Touch R toe in front of LF and swivel R heel out, Swivel right heel in, Swivel R heel out, Swivel right heel in  
4&5      Swivel both heels to right, swivel both heels left, swivel both heels to right into a ½L weight on RF (9:00)  
6-7      LF back rock, recover on RF  
8&1      Step LF to L, Step RF next to L, Step LF to L

## **Set 3: Long lock steps, rock recover, ¼L Sailor**

- 2&3&      Step RF fwd, Lock LF behind RF, Step RF fwd, Lock LF behind RF  
4&5      Step RF fwd, Lock LF behind RF, Step RF fwd  
6-7      Rock LF fwd, Recover on RF  
8&1      Step LF behind RF, ¼L stepping RF next to LF, Step LF to L (6:00)

## **Set 4: Weave to L, L Mambo touch, Step**

- 2&3&      Cross RF in front of LF, Step LF next to RF, Step RF behind LF, Step LF next to RF  
4&5      Cross RF in front of LF, Step LF next to RF, Step RF behind LF (Keep steps small to get hip twisting motion from counts 2-5)  
6&7-8      Rock LF to L, Recover on RF, Touch LF next to RF, Step LF fwd (6:00)\*\* Restart Wall 7 – see below

## **Set 5: ½R Pivot Sit, Right Hip Bumps, ½L Pivot Sit, Left Hip Bumps + Sweep, L coaster**

- 1-3      Sharp ½R sit on L hip and touch R toe in front of LF, Bump R Hip fwd 2x (12:00)  
4-5      Step down on RF, Sharp ½L sit on R hip and touch L toe fwd (6:00)  
6-7      Bump L Hip fwd, Bump L Hip fwd & Sweep LF from front to back  
8&1      Step LF back, Step RF next to LF, Step LF fwd

## **Set 6: ¼L Hip Roll, ¼L Hip Roll, ¼L Side, Back Rock Recover**

- 2-3      Step RF to R rolling butt anticlockwise into a ¼L, Complete ¼L cross LF in front of RF (3:00)  
4-5      Step RF to R rolling butt anticlockwise into a ¼L, Complete ¼L cross LF in front of RF (12:00)  
6      Step RF to R making a ¼L (9:00)

**Simpler version: just walk ¾L from counts 2-6 in a circular shape, stepping RF to R on count 6**

- 7-8      Rock LF back, Recover on RF (shimmy shoulders on walls 2 & 4 to hit the beats)

**Start again and Have FUN!**

**Feel Good TAG (After Wall 6, you'll face 6:00) – danced to the chorus "So Good"**

& Step LF fwd (12:00)

Then do Set 5 & 6. Do this 16-count tag twice. You'll finish the tag facing the front wall.

**\*\*Restart & Change of steps**

For walls 7 and 8, replace count 8-1 of Set 4 ( $\frac{1}{2}$ R Pivot sit) with L chasse for count 8&1.

Restart the dance after wall 7. Dance ends after Wall 8.

8&1 Step LF to L, Step RF next to LF, Step LF to L

Phrase: 48, 48, 48, 48, 48, 48, Tag (&16 + &16), 32\*\*, 32\*\*.

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