

I Feel Phenomenal

COPPER KNOB
STEPSHEETS

拍數: 56 牆數: 2 級數: Phrased Advanced
編舞者: Tim Johnson (UK), Fiona Murray (IRE) & Roy Hadisubroto (IRE) - August 2023
音樂: Phenomenal - Leftrightcenter



Intro: After 16 counts

Sequence: A Tag B A Tag B A B B

PART A: 32c

[1 - 8] WALK R L, SIDE TOGETHER, KNEE POP, CROSS, ½ TURN R HITCH, DRAG, CLAP 2X

- 1 - 2 Walk R forward (1), Walk L forward (2) 12:00
& 3 & 4 1/8 Turn L, Step R to R side (&), Step L next to R (3), Lift heels pushing knees forward (&), Heels down, weight on L (4) 10:30
5 - 6 Cross R over L (5), 3/8 Turn R, Step back on L (6) 3:00
&a7 ¼ Turn R, Hitch R knee (&), Big step R to R side while dragging L (a7) 6:00
&8 Clap hands by bringing R hand down, L hand up (&), Clap hands by bringing L hand down, R hand up (8) 6:00

[9 - 16] CROSS POINT, POINT SWITCHES, BODYROLL, BALL SIDE, HEEL SWIVEL

- 1 - 2 Cross point L over R (1), Point L to L side (2) 6:00
& 3 & 4 Close L next to R (&), Point R to R side (3), Close R next to L (&), Point L to L side (4) 6:00
5 - 6 Angling body to 7.30, Start bodyroll from head downwards (5), Finish bodyroll taking weight on L (6) 6:00
& 7 & 8 Body angled to 7.30, Close R next to L (&), Step L to L side (7), Swivel R heel out (&), Swivel R heel in (8) 6:00

[17 - 24] DOROTHY STEPS, ROCK, RECOVER, STEP, ½ TURN PIVOT

- 1 - 2 & 1/8 Turn R, Step R diagonally forward (1), Lock L behind R (2), Step R slightly diagonally forward (&) 7:30
3 - 4 & Step L diagonally forward (3), Lock R behind L (4), Step L slightly diagonally forward (&) 7:30
5 - 6 Rock R forward (5), Recover on L pushing hips back (6) 7:30
7 & 8 Step R forward (7), Step L forward (&), ½ Turn R while transferring weight on R (8) 1:30

[25 - 32] EXTENDED LOCKSTEPS, SWEEP CROSS, HOLD, HIP BUMPS

- 1 & 2 & Step L forward (1), Lock R behind L (&), Step L forward (2), Lock R behind L (&) 1:30
3 & 4 Step L forward (3), Lock R behind L (&), Step L forward while sweeping R from back to front (4) 12:00
5 - 6 1/8 Turn L, Crossing R over L (5), Step L to L side (6) 12:00
7 & 8 Hold (7), Bump hips R (&), Bump hips L (8) 12:00

PART B : 24c - *Happens facing 6 o'clock after the tag & happens facing 12 o'clock after the last time Part A is danced

[1 - 8] WALK R, L, KICK BALL STEP, SIT BALL STEP, SIT BALL STEP

- 1 - 2 Walk R forward (1), Walk L forward (2) 12:00
3 & 4 Kick R forward (3), Step R next to L (&), Step L forward (4) 12:00
5 & 6 Bend both knees to seated position taking weight on R pushing hips back (5), Straighten knees taking weight on L, close R next to L (&), Step L forward (6) 12:00
7 & 8 Bend both knees to taking weight on R push hips back (7), Straighten knees taking weight on L, close R next to L (&), Step L forward (8) 12:00

[9 - 16] STEP R, ¼ TURN L, WEAVE, HITCH SLIDE, TOGETHER, BRING UP & LOCK

- 1 - 2 Step R forward (1), ¼ Turn L transferring weight on L (2) 3:00
3 & 4 Cross R over L (3), Step L to L side (&), Cross R behind L (4) 3:00

& 5 - 6 Hitch L (&), Make a big step to the L on L while dragging R (5), Touch R next to L (6) 3:00
 7 & a8 Bring both arms up, 90 degree angle, elbows out, inside fist facing head (7), staying in 90 degree angle drop fists below elbows (&), Move fists towards body finishing in front of hips (a) Drop upper body down while popping R knee, fists rotate to face floor, elbows out (8) 3:00

[17 - 24] REPEAT COUNTS 1 – 16 OF PART B

TAG

[1 - 8] OUT, OUT, IN, IN, STEP, HEAD, ¼ TURN ISOLATED SWIVELS, BACK, STEP, BODYROLL

1 & 2 & Step on R heel in R diagonal (1), Step on L heel in L diagonal (&), Step R back to centre (2), Close L next to R (&) 12:00
 3 - 4 Step R forward (3), Look L, head faces 9.00 while body is facing 12:00 (4) 12:00
 5 & 6 & Swivel L heel R (5), Swivel R heel R, completing ¼ Turn L (&), Step L back (6), Step R to R side (&) 9:00
 7 - 8 Start bodyroll from head downwards (7), Finish bodyroll, as if sat on a bar stool (8) 9:00

[9 - 16] HANDS UP, DOWN, TWIST, ¼ TURN L, BACK ROCK, SLOWMOTION WALK, RUN R L

1 - 2 Bring both arms up, 90 degree angle, handpalms facing forward (1), Keeping elbows in position, drop forearms forward, handpalms facing floor (2) 9:00
 3 - 4 Isolating upper/lower body, arms in same position upper body makes ¼ Turn L (3), Lower body finishes ¼ Turn L (4) 9:00
 & 5 – 6 - 7 Rock R back on R (&), Step forward on L while slowly bring R through (as if walking in slow motion) (5 – 7) 9:00
 8 & Walk R forward (8), Walk L forward (&) 6:00

START AGAIN AND HAVE FUNNNN DARE TO BE UNIQUE
