

When it Feels this Good...

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Liz Atkinson (USA) - April 2025
音樂: Feels This Good - Jon Mero & LONIS



Consistent rhythm, good for beginners
#32 count introduction - NO Tags or Restarts

S1: FWD ROCK STEP, SHUFFLE 1/2R, 1/4R PIVOT, CROSS SHUFFLE

1, 2 Rock fwd RF, rcvr LF
3 & 4 Shuffle 1/2R RF-LR-RF (6:00)
5, 6 Step LF fwd, pivot 1/4R onto RF (9:00)
7 & 8 Cross LF over RF, RF behind LF, cross LF over RF

S2: SIDE ROCK STEP, CROSS SHUFFLE, BACK, SIDE, STEP, HEEL TWIST

1, 2 Rock RF to R side, rcvr LF
3 & 4 Cross RF over LF, LF behind RF, cross RF over LF
5, 6 Step LF back, step RF to R side
7 & 8 Step LF fwd, twist both heels L, both heels to center (weight on LF)

S3: SIDE, TOGETHER, TRIPLE FWD, SIDE, TOGETHER, TRIPLE BACK (MODIFIED RUMBA BOX)

1, 2 Step RF to R side, step LF beside RF
3 & 4 Triple fwd RF-LF-RF
5, 6 Step LF to L side, step RF beside LF
7 & 8 Triple back LF-RF-LF

S4: BACK 2X WITH KNEE POPS, COASTER CROSS, POINT SIDE, HOOK 1/4L, SHUFFLE FWD

1, 2 Step RF back (L knee pop), step LF back, (R knee pop)
3 & 4 Step RF back, step LF beside RF, cross RF over LF
5, 6 Point LF to L side, turn 1/4L hooking L ankle in front of R knee (6:00)
7 & 8 Triple fwd LF-RF-LF

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