

Real Good Feel Good

COPPER KNOB
STEPPERS

拍數: 0 牆數: 1 級數: Improver
編舞者: Mare Dodd (USA)
音樂: Real Good Feel Good Song - Mel McDaniel



Sequence: Intro (Optional), A, A, B, B, TAG 1, A, A, B, B, C, D, B, B, B, TAG 2, Ending
Can be done as a circle dance, too.

INTRO (OPTIONAL)

8 HEEL-BALL-CHANGES

1&2 Right heel-ball-change
3&4 Left heel-ball-change
5-16 Repeat above steps 3 more times

PART A

GALLOPS WITH HAND BRUSHES/SLAP

1&2&3&4 Gallop right: step right to right side, slide left beside right x 3 & then step right to side
5&6&7&8 Gallop left: step left to left side, slide right beside left x 3 & then step left to side
Hand brushes: brush/slap your hand back on right thigh & then forward as you gallop to right. Brush/slap you hand back on left thigh & then forward as you gallop to left

TURN FULL CIRCLE LEFT; JAZZ SQUARE

1-2-3-4 Turning left, make a full circle while walking right-left-right-left
5-8 Right jazz square: cross right over left; step back on left, step right to right side, step left beside right

Showier option: skip while turning circle & doing jazz square

PART B

SHUFFLES & HAND/ARM MOVEMENTS

1&2& Shuffle right to right side; turn ½ on ball of right
With both palms facing floor, pump palms down, up, down (1&2)
3&4& Shuffle left to left side; turn ½ on ball of left
With arms extended upwards, palms upwards, pump palms up, down, up (3&4)
5&6& Repeat 1&2&
7&8& Repeat 3&4&

SHUFFLES FORWARD; SHUFFLES BACK

1&2 Shuffle forward right
3&4 Shuffle forward left
5&6 Shuffle back right
7&8 Shuffle back left
Option: skip forward right, left, skip back right, left

TAG 1

2 HEEL-BALL-CHANGES:

1&2 Right heel-ball-change in place
3&4 Left heel-ball-change in place

PART C

GRAPEVINE RIGHT; MODIFIED LEFT GRAPEVINE (REPEAT 3 MORE TIMES)

1-4 Grapevine right: step right to right side; step left behind right, step right to right side, scuff left
5-6 Turn ¼ left as you step left to left side, step right behind left
7&8 Triple in place: left-right-left

9-32 Repeat the above steps 3 more times to make a square

PART D

- 1 At 45 degree angle right, step forward on right - raise right hand above head
- 2 At 45 degree angle left, step forward on left - raise left hand above head
- 3 At 45 degree angle right, step back on right - lower right hand beside right knee
- 4 At 45 degree angle left, step back on left - lower left hand beside left knee

TAG 2

8 HEEL-BALL CHANGES

- 1&2 Right heel-ball-change
- 3&4 Left heel-ball-change
- 9-16 Repeat 3 more times!

ENDING

- 1-2 Stomp right; stomp left
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