

# Feelin' Alright

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 4      級數:  
編舞者: Rick Bates (USA)  
音樂: Man! I Feel Like a Woman! - Shania Twain



## ROCK STEP, CROSS, UNWIND

- 1-2      Step and rock to the right on right foot; rock to the left onto left foot
- 3-4      Cross right foot over left and step; unwind  $\frac{1}{2}$  turn to the left on balls of both feet, transfer weight to right foot
- 5-6      Step and rock to the left on left foot; rock to the right onto right foot
- 7-8      Cross left foot over right and step; unwind  $\frac{1}{2}$  turn to the right on balls of both feet, transfer weight to left foot

## WALK, WALK, ROCK STEP

- 9-10      Step forward on right foot; step forward on left foot
- 11-12      Step back and rock onto right foot; rock forward onto left foot
- 13-14      Step forward on right foot; step forward on left foot
- 15-16      Step back and rock onto right foot; rock forward onto left foot

## TURNING JAZZ SQUARE, STEP, CROSS, ROCK STEP

- 17-18      Cross right foot over left and step; step back on left foot
- 19-20      Step  $\frac{1}{4}$  turn to the right (to the right) on right foot; scuff left foot next to right
- 21-22      Step to the left on left foot; cross right foot behind left and step
- 23-24      Step and rock to the left on left foot; rock to the right onto right foot

## CROSS STEP, ROCK STEP, 1 $\frac{1}{4}$ ROLLING VINE LEFT

- 25-26      Cross left foot over right and step; step to the right on right foot
- 27-28      Step and rock behind right onto left foot; rock forward onto right foot
- 29-30      Step to the left on left foot and begin a 1  $\frac{1}{4}$  to the left traveling turn; step on right foot and continue 1  $\frac{1}{4}$  to the left traveling turn
- 31-32      Step on left foot and complete 1  $\frac{1}{4}$  to the left traveling turn scuff right foot next to left

## JAZZ SQUARE, TOE, TOE, HOOK, PIVOT

- 33-34      Cross right foot over left and step; step back on left foot
- 35-36      Step to the right on right foot; step left foot next to right
- 37-38      Tap right toes forward; tap right toes to the right
- 39-40      Hook toes of right foot behind and to the left of left ankle, pull right toes to the right as you pivot  $\frac{1}{4}$  turn to the left on ball of left foot

## STEP - SLIDE, CROSS, UNWIND, LUNGE LEFT

- 41-42      Bend knees slightly and step to the right on right foot while wiggling hips, continue wiggling hips as you drag left foot next to right
- 43-44      Cross left foot over right; unwind  $\frac{3}{4}$  turn to the right on balls of both feet, transfer weight to right foot
- 45-46      Take a long step to the left on left foot; begin to slowly drag right foot towards left
- 47-48      Continue dragging right foot towards left; touch right foot next to left

## REPEAT