

Still Feels Good

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: Julie Hudson (UK) - April 2008
音樂: Still Feels Good - Rascal Flatts



(A) 32 counts

(B) 64 counts

This dance is danced A, A, B, A, B, B.

(A), 32 count

Heel switches, clap, Heel switches, clap, rock and coaster step, front side behind and cross. Rock and cross shuffle, step half turn, left shuffle, heel switches, clap, hip bumps twice forward and twice back.

1&2 &3-4 (Heel switches, clap) touch right heel forward, switch and touch left heel forward and switch and touch right heel forward and clap.

&5&6&7-8 (Heel switches, clap) touch left heel forward, switch and touch right heel forward and switch and touch left heel forward and clap.

&1-2 (and rock forward and back,) and rock forward on to right foot, weight back on to left,
3&4 (Right coaster step) Step back on right leg, bring left leg next to right and step forward on the right.

5-6 (Cross in front, side) Cross step left foot over right leg, step right leg to right side,
7&8 (Behind and cross) Cross step left foot behind right leg, step right to right side and cross left in front of right.

1-2 (Rock and) Rock right foot to right side, weight back on to left,
3&4 (Cross shuffle) Cross right over left, step left to left side, cross right leg over left
5-6 (Step, half turn) Step left to left side, make half turn over right shoulder stepping forward on to right foot
7&8 (left shuffle), step forward on to left, and slide right next to left, step forward on to left.

1&2&3-4 (Heel switches) touch right heel forward, switch and touch left heel forward and switch and touch right heel forward, clap,

5-6 (Hip bumps twice forward) Bump hips forward twice

7-8 (Hip bumps twice back) Bump hips back twice

Restart: Repeat above steps 1-32 from 6o'clock wall (back wall)

(B)

Chorus starts facing 12.00 (Home wall) 64 counts

Hip bumps, right, left, right, left, right shuffle forward, rock forward left, shuffle back left, rock back right, shuffle forward right, step left forward, half turn over right shoulder, shuffle left forward.

Pivot on ball of right foot 3 times making half turn in all, rock forward on right, right coaster step. Rock forward on left, left coaster step.

Rock right leg to right side, cross shuffle,

Rock left leg to left side, cross shuffle ¼ turning to right

Kick forward on right touch left toe to left, Kick forward on left, touch right toe to right side.

Right sailor step, left sailor step, 2 pivots on ball of right foot making ¼ turn to left

Right kick ball change x2, sway hips left, right left, right, kick ball change twice

1-2 (Hip bumps) Bump hips forward once and back once

3-4	(Hip bumps) Bump hips forward once and back once
5&6	(Right shuffle forward) Step right foot forward, slide left foot next right, step forward on to right
7-8	(Rock forward and back) Step forward on left, weight back on to right,
1&2	(Left shuffle back) step back on to left, slide right next to left, step back on to left
3-4	(Rock back and forward) Step back on to right, weight on to left,
5&6	(Right shuffle forward) Step forward on to right, slide left next to right, step forward on to right.
7-8	(Step half turn) Step left forward, make ½ turn over right shoulder, step forward on to right
1&2	(Left shuffle forward) Step forward on to left, slide right next to left, step forward on to left
3-4-5-6-7-8	(Pivot x 3 making half turn) On ball of right step forward and pivot x3 making half turn in all
1-2	(Rock forward and back) Rock forward on to right, weight back on to left
3&4	(Right coaster step) Step back on to right, step left beside right, step forward on to right,
5-6	(Rock forward and back) Step forward on to left, weight back on to right
7&8	(Left coaster step) step back on to left, step right beside left, step forward on to left
1-2	(Right side rock, rock) Rock ball of right foot to right side, weight back on to left
3&4	(Right cross shuffle) cross right leg over left, step left to left side, cross step right over left
5-6	(Left side rock, rock) Rock ball of left foot to left side, weight back on to right
7&8	(Left cross shuffle, quarter turn) Cross left leg over right, step right to right side, cross left leg over right making ¼ turn to right.
1&2	(Right kick and toe) Kick right leg forward, replace weight back on to right and touch left toe to left side
3&4	(Left kick and toe) Kick left leg forward, replace weight back on to left and touch right toe to right side.
5&6	(Right sailor step) Cross right leg behind left, step left to left side, step right to right side
7&8	(Left sailor step) Cross left leg behind right, step right to right side, step left to left side
1-2	(Step pivot) on ball of right step forward and pivot 1/8 turn to left
3-4	(Step pivot) on ball of right step forward and pivot 1/8 turn to left
5&6	(Right kick ball change) Kick forward on right, step ball of right next to left, lift left foot slightly off the floor and step down weight on to left
7&8	(Right kick ball change) kick forward on right, step ball of right next to left, lift left foot slightly off the floor and step weight down on to left
1-2	(Sway hips back and forwards) sway hips back left, forward right
3-4	(Sway hips back and forwards) sway hips back left, forward right
5&6	(Right kick ball change) kick forward on right, step ball of right next to left, lift left foot slightly off the floor and step down weight on left
7&8	(Right kick ball change) kick forward on right, step ball of right next to left, lift left foot slightly off the floor and step down on to left.

(A) facing 12.00

Heel switches, clap, heel switches clap, rock and coaster step, front side behind and cross. Rock and cross shuffle, step half turn, left shuffle, heel switches, clap, hip bumps twice forward and twice back.

As above 32 counts

(B) Chorus starts facing 6.00

(B) Restart Chorus again.

End of dance
