

# F.G.T. (Feeling Good Today)

**COPPER** KNOB  
BY STEPHENETS

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Kerry Maus (USA) - July 2022

Music: F.G.T. - LÖNIS & Little League : (iTunes & Amazon)



**TAG on wall 5 [12:00] after 32 counts Intro: 64 counts (About 30 seconds)**

## [1-8] CROSS, BACK, SIDE, CROSS, SIDE, BEHIND, SIDE, CROSS, ¼ PIVOT

- 1&2            1) cross L over R, &) step R back, 2) step L to left  
3 4            3) Cross R over L, 4) step L to left  
5&6           5) Cross R behind L, &) step L to left, 6) cross R over L  
7 8            7) Step L to left, 8) turn ¼ right, weight to R [3:00]

## [9-16] STEP, CROSS, SIDE, BEHIND, SIDE ROCK, BACK ROCK

- 1 2            1) Step L forward, 2) cross R over L  
3 4            3) Step L to left, 4) cross R behind L  
5 6            5) Rock L to left side, 6) recover to R  
7 8            7) Rock L back, 8) recover to R

## [17-24] SCISSOR STEP, ¼, ½, ¼ TRIPLE, DRAG, BALL, CROSS

- 1&2           1) Step L to left, &) close R next to L, 2) cross L over R, prepping to turn left  
3 4            3) Turn ¼ left, stepping R back, 4) turn ½ left, stepping L forward  
5&6           5) Turn 1/8 left, stepping R to right, &) step L beside R, 6) turn 1/8 left, stepping R to right  
7&8           7) Drag L foot beside R, &) step L beside R, 8) cross R over L [3:00]

## [25-32] HIP ROLLS WITH TOUCHES, TRIPLE ¼ TURN, KICK BALL CHANGE

- 1 2            1) Step L to left, pushing hips back in circular motion, weight shifting from R to L, 2) touch R toe/hip bump  
3 4            3) Step R to right, pushing hips back in circular motion, weight shifting from L to R, 4) touch L toe/hip bump  
5&6           5) Turn ¼ left, step forward L, &) step R next to L heel, 6) step L forward  
7&8           7) Kick R diagonally forward, &) step R to right, 8) cross L over R [12:00]

**Tag here on wall 5 facing 12:00**

## [33-40] SIDE, BEHIND, CHASSE ¼, ½ PIVOT, ¼ CHASSE

- 1 2            1) Step R to right, 2) cross L behind R,  
3&4           3) Step R to right, &) step L beside R, 4) turn ¼ right, stepping R forward  
5 6            5) Step L forward, 6) pivot ½ turn right, weight to right  
7&8           7) turn ¼ right, step to left, &) step R beside L, 8) step L to left

## [41-48] BEHIND, SIDE, CROSS TRIPLE, ¼ ROCKING CHAIR

- 1 2            1) Cross R behind L, pop L knee, 2) step L to left, pop R knee  
3&4           3) Cross R over L, &) step L beside R heel, 4) cross R over L  
5 6            5) Rock L to left, 6) recover R, making ¼ turn left  
7 8            7) Rock L back, 8) recover forward R [9:00]

## TAG: ROCK, RECOVER, COASTER STEP

- 1 2            1) Rock R forward, 2) recover L  
3&4           3) Step R back &) step L beside R, 4) step R forward

Have fun and DANCE HAPPY! ☐

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