

# I Feel Good (Føle Mæ Fin)

**COPPER** **KNOB**  
BY SHEETS

Count: 32

Wall: 2

Level: High Beginner / Improver

Choreographer: Ellen Fyrand (NOR) - February 2025

Music: Føle mæ fin - Carina Dahl



(on request and with inspiration from Maria E Holm and Marita Elisabeth Einervoll)

Note (for not-Norwegians) regarding the lyrics of the song: Carina feels so good wearing her finest cowboyhat, cruising in a cabriolet an listening to Jolene .....☺

Easy Tag 5x

\*1 Restart

## Sec 1: Back Rock Step, Shuffle, Shuffle 1/2 Turn, Back Rock Step

- 1-2 Step Back on RF (1), Recover to LF (2)
- 3&4 Step FW on RF (3), Step LF Beside RF (&), Step FW on RF (4)
- 5& 1/4 Turn R and Step LF to Side (5), Step RF Beside LF (&) [3:00]
- 6 1/4 Turn R and Step Back on LF (6) [6:00],
- 7-8 Rock Back on RF (7), Recover Weight to LF (8)

## Sec 2: R Chassé, 1/4 Turn L, L Chassé, 1/4 Turn L, R Chassé, 1/4 Turn L, L Chassé

- 1&2 Step RF to Side (1), Step LF Beside (&), Step RF to Side (2)
- 3&4 1/4 Turn L and Step LF to Side (3) [3:00], Step RF Beside (&), Step LF to Side (4)
- 5&6 1/4 Turn L and Step RF to Side (5) [12:00], Step LF Beside (&), Step RF to Side (6)
- 7&8 1/4 Turn L and Step LF to Side (7) [9:00], Step RF Beside (&), Step LF to Side (8)

\*\*\*Restart here and don't do the last 1/4 Turn, stay facing 6:00 o'clock

## Sec 3: R Cross Rock, R Chassé, L Cross Rock, L Chassé

- 1-2 Cross RF in Front (1), Recover Weight to LF (2)
- 3&4 Step RF to Side (3), Step LF Beside (&), Step RF to Side (3)
- 5-6 Cross LF in Front (5), Recover Weight to RF (6)
- 7&8 Step LF to Side (7), Step RF Beside (&), Step LF to Side (8)

\* Tag/Bridge here in Wall 2 and 5 and finish the dance

## Sec 4: Pivot 1/4 Turn L, Jazzbox, Heel & Heel & Heel, Flick, Stomp

- 1-2 Step FW on RF (1), 1/4 Turn L and recover Weight to LF (2) [6:00]
- 3&4 Cross RF in Front (3), Step Back on LF (&), Step RF to Side (4)
- 5&6& Touch L Heel FW (5), Close LF Beside RF (&), Touch R Heel FW (6), Close RF Beside LF (&)
- 7&8 Touch L Heel in Front (7), Flick LF (&), Stomp LF (8)

#2 Count Tag: Stomp R - L

\*2 x (as a bridge): in W 2 and 5, after 24 C, then finish the dance (and do the Tag again)

\*\*3 x: at the end of W 2 - 5 - 7

\*\*\*Restart after 16 C with Stepchange in Wall 4: don't do the last 1/4 turn, stay on 6:00 o'clock Wall

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