

# Feel Good (Sha La La)

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Easy Intermediate  
编舞者: Jonno Liberman (USA) & Rick Dominguez (USA) - October 2015  
音乐: I Feel Good (feat. LunchMoney Lewis) - Thomas Rhett



Dance begins after 16 counts

## [1-8] Rock, Recover, Ball, Step, Walk x2, Side Rock, Recover, Cross, 1/4 Step (3:00)

1, 2&3      Step R forward, Recover weight onto L, Step ball of R next to L, Step L forward  
4, 5      Step R forward, Step L forward  
6&7      Step R to right side, Recover onto L, Cross R over L  
8      Step L to left as you turn 1/4 right (3:00)

## [9-16] 1/4 Step, Hold, Together, Side Rock, Recover, Weave, Step Left with Hip Bumps (6:00)

1-2,      Step R back as you turn 1/4 right (6:00), Hold  
&3, 4      Step L next to R, Step R to right, Recover onto L  
5&6      Cross R behind L, Step L next to R, Cross R over L  
7, 8      Step L to left as you bump hips to left, bump hips to left (finish with weight over L)

## [17-24] Behind, Side, Skate x3, Body Roll, Together, Heel, Together, Step (6:00)

1&2      Cross R behind L, Step L to left, Step R to right as you turn 1/8 right (7:30)  
3, 4      Step L to left as you turn 1/2 left (4:30), Step R to right as you turn 1/8 right (7:30)  
5-6      Body Roll to Left: Start with shoulders and move down toward hips (finish with weight over L)  
&7, &8      Step R next to L as you turn 1/8 left (6:00), Touch L heel to front, Step L next to R, Step R in front of L

## [25-32] 1/4 Pivot, Hold, Step, Cross, Snap, Unwind, Twist x2, Step Back, Together (6:00)

1-2      Swivel both feet 1/4 L keeping weight over both (3:00), Hold  
&3, 4,      Step L next to R, Cross R over L, Snap your fingers  
5, 6,      Unwind 1/4 left (12:00), Twist both feet 1/4 left (9:00)  
7, 8&      Twist both feet 1/4 left (6:00), Step R back, Step L together

**NOTE: The TAG and ALL of the RESTARTS will occur while facing the front wall!**

**RESTART after first 16 counts on walls 2, 6, and 10 (after he sings, "I FEEL..." restart on "GOOD").**

**TAG happens after the first 16 counts on wall 4.**

## [1-8] Toe Strut In Place and Slide Together x2, Front Toe Touch, \*Hold\* (12:00)

1, 2&      Touch R toe forward, Set R heel down, Slide R next to L  
3, 4&, 5      Touch L toe forward, Set L heel down, Slide L next to R, Touch R toe forward  
6-8      Look around confused and shout with the song, "Uh, excuse me. Can someone bring the beat back?" Have fun!

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