

I Feel Good

COPPERKNOB
STEPPERS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Trevor Thornton (USA) - September 2015
音乐: I Feel Good (feat. LunchMoney Lewis) - Thomas Rhett



Count In: 16 ct intro (start on lyrics) □

Notes: If dancing to Music video track, add Tag!

[1 – 8] □ BALL WALK X2, STEP LOCK STEP, 1/2 TURN, SLIDE TOGETHER, POINT 1/2 UNWIND. □

& 1 2 Step on Ball of R (&) Step fwd on L (1) Step fwd on R (2) □ 12
3 & 4 Step fwd on L (3) lock R behind L (&) Step fwd on L (4) □ 12
5 6 Make a 1/2 turn L stepping back on R (5) Slide L next to R to touch (6) □ 6
7 8 Point L toe back (7) Unwind a 1/2 turn L taking weight on L (8) □ 12

*Restart □ Wall 3, facing 12:00 dance first 8, then re-start! □

[9 – 16] □ 1/4 TURN L, SLIDE R, TRIPLE L, CROSS POINT, SIDE POINT, CROSS ROCK, RECOVER 1/4 R □

1 2 1/4 R as you slide to the R (1) Touch L next to R (2) □ 9
3 & 4 Step L to L (3) Step R next to L (&) Step L to L (4) □ 9
5 6 Point R toe fwd crossing L foot (5) Point R toe to R side (6) □ 9
7 & 8 Cross R over L rocking forward (7) Recover weight to L (&) Step R to R making 1/4 turn R (8) □ 12

[17 – 24] □ STEP, PIVOT 1/4 TURN R, CROSS ROCK, 1/4 L, ROCK FWD, BALL STEP 1/4 R □

1 2 Step fwd on L (1) Pivot 1/4 turn R (2) □ 12/3
3 & 4 Rock L over R (3) Recover on R (&) Step L making 1/4 turn L (4) □ 3/12
5 6 Rock fwd on R (5) Recover weight to L (6) □ 12
& 7 8 Step R next to L (&) Step fwd on L (7) Pivot 1/4 turn R (8) □ 12/3

Styling □ Count 8, keep weight to the Left. □

[25 – 32] □ BALL CROSS, HOLD, CROSS, SIDE STEP, 1/4 TURN SAILOR, HOLD, BALL STEP. □

& 1 2 Step R to inside of L (&) Cross L over R (1) Hold (2) □ 3
& 3 4 Slight step to R with R (&) Cross L over R (3) Step to the R with R (4) □ 3
5 & 6 Step L behind R (5) 1/4 turn L with R (&) Step fwd on L (6) □ 12
7 & 8 Hold (7) Slight step fwd on R (&) Step forward on L (8) □ 12

[33 – 40] □ WALK X2, CHASE TURN L, 1/2 TURN R X2, 1/4 TURN R, TRIPLE □

1 2 Step fwd R (1) Step fwd L (2) □ 12
3 & 4 Step fwd R (3) 1/2 turn pivot L (&) Step fwd on R (4) □ 6
5 6 1/2 turn R stepping back on L (5) 12:00, 1/2 turn R stepping fwd on R (6) 6:00 □ 12/6
7 & 8 1/4 turn R stepping L to L (7) Step R next to L (&) Step L to L (8) □ 9

[41-48] □ R SAILOR STEP, 1/4 TURN SAILOR L, KICK BALL SIDE STEP, HOLD, (BODY ROLL) □

1 & 2 Step R behind L (1) Step L to L side (&) Step R to R (2) □ 9
3 & 4 Step L behind R (3) 1/4 turn L stepping R to R (&) Step fwd on L (4) □ 6
5 & 6 Kick R fwd (5) Step down on R (&) Step to L with L (6) □ 6
7 8 Hold for 2 counts, or body roll head to toe, (7, 8) (Keep weight even for body roll) □ 6

Hope you enjoy! Don't forget the Re-start! You can't miss it, you can hear it in the music! ;) (If dancing to Music video track, you will need to either dance through it or add 4 ct tag. Rocking chair)

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