

Feel Invincible

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: High Intermediate
编舞者: Rob Carlo (UK) & Kevin Page - October 2016
音乐: Feel Invincible - Skillet



Intro □ 16 counts – start on lyrics

Tags: □ Tag 1: after walls 1,3 & 5 ~ Tag 2: after walls 2,4 & 7 after count 56

Restart with step change on wall 6

Restarts □ Note: This dance sequence is Front Wall (64 counts), Tag 1, Front Wall (56 counts), Tag 2, Back Wall (64 counts) Tag1, Back Wall (56 counts) Tag 2, Front Wall (64 counts), Tag 1, Front Wall restart with step change after count 28, (56 counts) Tag 2 to finish!

[1-8] □ Walk R, L, Out R, Out L, Ball step, 1 ½ L, Out L, Out R □

1, 2 Walk R, Walk L □ 12

&3&4 Out R, Out L, step R next to L, step L fwd □ 12

5 6 7 ½ turn L stepping R back, ½ turn L stepping L fwd, ½ stepping R back □ 6

&8 Out L, Out R □ 6

[9-16] □ Knee pops, ¼ Turn R shuffle, Step L, Pivot ½ turn R, Fwd L shuffle □

1, 2 Pop L knee in, pop R knee in □ 6

3&4 ¼ turn right shuffle fwd, □ 9

5, 6 Step fwd L, pivot ½ turn R □ 3

7&8 Fwd L shuffle □ 3

[17-24] □ Out R, Out L, ¼ Turn L, Back steps x 2, Coaster step □

1, 2 Out R, Out L, □ 3

3, 4 Roll L knee in, out, and make a ¼ turn L transferring weight onto R □ 12

5, 6 Walk back L, walk back R □ 12

7&8 Step back on L, step R next to L, step fwd L □ 12

[25-32] □ Walk R, L, Kick & point, Cross unwind 5/8 turn R, Step back, Hips fwd back, Sit □

1, 2 Walk R, Walk L □ 12

3&4 Kick R, Step R next to L, Point L □ 12

* Restart here on wall 6 □

5, 6 Cross L over R, Unwind 5/8 turn R □ 7.30

7&8 Step back R, Push hips fwd, Push hips back sitting into right hip □ 7.30

[33-40] □ Ball cross, Side, Cross shuffle, ¼ Back shuffle, ¼ Side chasse □

&1 2 Step L next to R, Cross R over L, Step side L □ 7.30

3&4 Cross R over L, Step L to L side, Cross R over L (straightening up to 9 o'clock wall) □ 9

5&6 ¼ Step back L, Step back R, Step back L □ 12

7&8 Step R side ¼ turn, Step L next to R, Step R to R side □ 3

[41-48] □ Cross, Hitch, Back, ¼ Turn L, Cross, Unwind spiral full turn L with clasp, Step kick

1, 2 Cross L over R, Hitch R to L diagonal – throwing both arms fwd & up □ 3

3, 4 Step back on R, ¼ turn L stepping forward on L, □ 12

5, 6 Cross R over L as you bend knees, crunch and clasp arms around you (hug)

7&8 Unwind a spiral full turn L weight on R, Rise up as you step fwd on L and kick R fwd as you raise hands to mouth and throw out as if blowing a 2 handed kiss. □ 12

[49-56] □ Step Point, Cross point, ¾ Spiral Turn R, Step ¼ turn R, Swivel R □

1, 2 Step fwd R, Point L to L side, □ 12

3, 4 Cross L over R, Point R to R side, Prep body to L □ 12

5, 6 Make a $\frac{3}{4}$ spiral turn R keeping weight on L, step fwd R □ 3
7&8 Step fwd on L pivot a $\frac{1}{4}$ turn R, Lift L heel & R toe twist heels to the L, return to centre □ 12
*** Tag 2 here on walls 2,4, to begin dance again on back wall □**
*** Tag 2 here on wall 7 to finish dance on front wall □**

[57-64] □ Roll arms up, Push arms down, walk around full turn R □

1, 2 Roll arms up into 'Strong Man' □ 12
3, 4 Push arms down by sides □ 12
5,6,7,8 Walk around full turn to R, L, R, L □ 12

Tag 1: □ After walls 1, 3 & 5 □

[1-8] □ Step kick, Cross unwind full turn, Back, Back, Hand Raise □

1, 2 Step R fwd, Kick L to L diagonal
3, 4 Cross L over R, Unwind a full turn R weight on L
5, 6 Step back R, Step back L
7, 8 Raise L arm up with open hand palm up

Tag 2: □ After 56 Counts on walls 2, 4 & 7 □

[1-8] □ $\frac{1}{4}$ Turn R Walks, $\frac{1}{4}$ Turn R Cross shuffle, $\frac{1}{4}$ Turn R, $\frac{1}{2}$ Turn R, Step Pivot $\frac{1}{2}$ Turn R □

1, 2 $\frac{1}{4}$ Turn R Walk R, Walk L,
3&4 $\frac{1}{4}$ Turn R, Cross R over L, Step L to L side, Cross R over L
5, 6 $\frac{1}{4}$ Turn R stepping back on L, $\frac{1}{2}$ Turn R stepping fwd on R,
7, 8 Step L fwd pivot a $\frac{1}{2}$ turn R

[9-16] □ Walks, $\frac{1}{4}$ Turn L Cross shuffle, $\frac{1}{4}$ Turn L, $\frac{1}{2}$ Turn L, Step Pivot $\frac{1}{4}$ Turn L □

1, 2 Walk L, Walk R
3&4 $\frac{1}{4}$ Turn L, Cross L over R, Step R to R side, Cross L over R
5, 6 $\frac{1}{4}$ Turn L stepping back on R, $\frac{1}{2}$ Turn L stepping fwd on L
7, 8 Step fwd R pivot $\frac{1}{4}$ Turn L

Restart: □ On wall 6 after count 28 facing front wall □

5, 6 Step L fwd, Point R □ 12
7, 8 Monterey $\frac{1}{2}$ Turn R stepping R fwd, Step L together weight on L □ 6

Restart dance on back wall □

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