

Feel Good

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Improver
编舞者: Judy Rodgers (USA) - January 2018
音乐: Feel Good - Tyrone Wells : (CD: Roll With It)



#16 count intro

S1: Step lock & step lock, rock recover, coaster step

1-2& Step R fwd to right diagonal, step lock L behind R, step R fwd
3-4& Step L fwd to left diagonal, step lock R behind L, step L fwd
5-6 Rock R fwd, recover L
7&8 Step R back, step L beside R, step R fwd

S2: Side, behind, shuffle turn 1/4 L, turn 1/2 L, turn 1/2 L, shuffle

1-2 Step L to left side, step R behind L
3&4 Turn 1/4 left shuffle forward L R L - 9:00
5-6 Turn 1/2 left step R back, turn 1/2 L step L fwd
7&8 Shuffle fwd R L R

S3: Side rock & side rock, sailor turn 1/4 R, sailor step

1-2 Rock L to left side, recover R
&3-4 Step L together, rock R to right side, recover L
5&6 Turn 1/4 right step R behind L, step L to left side, step R to right side - 12:00
7&8 Step L behind R, step R to right side, step L to left side

S4: Walk, walk, rock recover turn 1/2 R, shuffle, rock recover

1-2 Walk R, walk L
3&4 Rock R fwd, recover L, turn 1/2 right step R fwd - 6:00
5&6 Shuffle fwd L R L
7-8 Rock R fwd, recover L

*** Restart here on Wall 6 facing 12:00

S5: Back, turn 1/4 L, cross & cross, side rock, behind, turn 1/4 R

1-2 Step R back, turn 1/4 left step L to left side - 3:00
3&4 Cross R over L, step L to left side, cross R over L
5-6 Rock L to left side, recover R
7-8 Step L behind R, turn 1/4 right step R fwd - 6:00

S6: Kick ball point, kick ball point & point, drag/touch

1&2 Kick L fwd, step down L, point R to right side
3&4&5 Kick R fwd, step down R, point L to left side, step L beside R, point R
6-8 Drag R to L over 3 counts

One Restart: Wall 6 - dance 32 counts and restart from beginning of dance facing 12:00

Ending: Wall 8 ...dance 16 counts....add 1 count 'turn 1/4 L step L to left side' to face front!!