

Now I Feel Good

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Frank Haehner (FR) - June 2019
音乐: God's Been Good to Me - Keith Urban



TAG of 16 counts on wall 3 after 28 count, RESTART after the Tag

Start after 32 count.

(1 – 8) R&L Heel in front, & R&L Triple Step forward, R Mambo Forward & Recover ,Touch R Next L

1&2&3&4 Right Heel in front & Right next to the Left, Left Heel in front & Left next to the Right & Right Triple Step forward R-L-R.

5&6 –7&8 Left Triple Step forward L-R-L, Right Mambo forward & recover on left. Right touch next to The Left.

(9 – 16) R Triple Steep back ½ turn R, L Triple Step forward &R&L out-out & in-in, point R to the R X2

1&2 –3&4 Step ¼ Right & Left Next to the Right, Right Step ¼ forward, Left Triple Step forward L-R-L

&5&6-7&8 Right (Out) diagonal forward, Left too & Right (In) back, Left Next to the Right, Point Right & Touch Right Next To the Left, Point Right.

(17 – 24) R Mambo forward & Step ¼ R, L Mambo to Left & Touch L next R, L Sailor step, R Heel in front & L Step next R & Recover

1&2 – 3&4 Right Mambo forward & ¼ Right step Right, Left Mambo & recover on Right, Touch Left Next To the Right.

5&6-7&8& Left Sailor step, Right Heel in front & Right Next to the Left, Left Point Next to the Right & Recover on Left.

(25 – 32) R&L Triple Step, R Step Turn Step to the Left, L Step forward, R Stump up next L.

1&2 – 3&4 Right Triple Step to the Right & Left Triple Step to the Left. TAG Here after 28 count and restart

5&6 – 7 -8 Right Step forward & Turn ½ to the Left, Right Step forward, Left Long Step forward, Right Stump up next L.

TAG : Diagonal R&L Step Lock , Step Lock Step, R Rock Forward, R Triple Step back ½ R, L step turn, L Mambo.

1 -2 – 3&4 In Diagonal Right Step forward, Left Lock behind Right, Right Step forward & Left Lock behind Right,Right Step forward.

5 -6 – 7&8 In Diagonal Left Step forward, Right Lock behind Left, Left Step forward & Right Lock behind Left,Left Step forward

1 -2 – 3&4 Right Rock forward, recover on Left, Step ¼ Right & Left Next to the Right, Right Step ¼ forward.

5 -6 – 7&8 Left Step forward, ½ Turn to the Right, Left Mambo forward & Left Next To the Right.