

If It Feels Good

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Ivy DeChant (USA) - 13 August 2021
音乐: If It Feels Good (Then It Must Be) - Leon Bridges



Dance starts on lyrics, Live from the funk - No Tags or Restarts

S1: KICK, KICK, COASTER, ROCK-RECOVER, ½ SHUFFLE

1-2 R Kick forward, R kick forward
3&4 R Step back, L together, R forward
5-6 L Rock forward, recover R
7&8 ½ Shuffle turn to the L

S2: ROCK-RECOVER, CROSS SHUFFLE, ¼ ROCK-RECOVER, COASTER

1-2 R Side rock, recover L
3&4 R Cross over L, step L, R cross over L
5-6 ¼ L Rock forward, recover R
7-8 L Step back, R together, L forward

S3: V-STEPS, KNEE HITCHES, STEP BACK

1-4 R Step out, L step out, R step in, L step in
5-6 R Knee hitch up from front to back, R step back
7-8 L Knee hitch up from front to back, L step back

S4: ROCK-RECOVER, ½ SHUFFLE. ROCK-RECOVER, ½ SHUFFLE

1-2 R Rock back, recover L
3&4 ½ Shuffle turn to the L
5-6 L Rock back, recover R
7&8 ½ Shuffle turn to the R

Last Update - 16 August 2021-R2
