

If It Feels Good

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Kim Ray (UK) - April 2022
音乐: If It Feels Good (Then It Must Be) - Leon Bridges



Intro: 12 counts

S1: CAMEL WALKS FORWARD x 2, RIGHT LOCK STEP, STEP, PIVOT ½ TURN RIGHT, TOUCH, BALL ½ TURN LEFT KICK

- 1-2 Walk forward on right popping left knee forward, walk forward on left popping right knee forward
3&4 Step forward on left, cross right behind left, step forward on right (12:00)
5-6 Step forward on left as you pivot ½ turn right keeping weight on left, touch right toe forward (6:00)
7-8 Step down on right as you ½ turn left keeping weight on right, low kick left forward (12:00)

S2: BACK, ¼ TURN RIGHT, LOCK STEP FORWARD, STEP, PIVOT ½ TURN LEFT, SHUFFLE ½ TURN LEFT

- 1-2 Step back on left, ¼ turn right stepping right to right side (3:00)
3&4 Step forward on left, cross right behind left, step forward on left
5-6 Step forward on right, ½ pivot turn left (9:00) (RESTART & STEP CHANGE ON WALLS 4 & 8)
7&8 Shuffle ½ turn left, stepping right, left, right (3:00)

S3: ¼ TURN LEFT, DRAG, BALL, CROSS SHUFFLE, HINGLE ½ TURN LEFT, CROSS SHUFFLE

- 1-2 ¼ turn left and take a large step to left side, slide right towards left (12:00)
&3&4 Step slightly back on right, cross left over right, step right to right side, cross left over right
5-6 ¼ turn left stepping back on right, ¼ turn left stepping left to left side (6:00)
7&8 Cross right over left, step left to left side, cross right over left

S4: FORWARD ROCK/RECOVER x 2, STEP BACK, HOLD, & BACK TOUCH

- 1-2 Rock left forward to left diagonal, recover back (4:30)
3-4 Rock left forward to left diagonal, recover back
(1-4 Circle hips anti-clockwise as you rock forward/back, forward/back)
5-6 Step back on left, hold (4:00)
&7-8 Step right back next to left, step back on left, touch right next door straightening up to (3:00)

RESTART & STEP CHANGE FOR COUNTS 7&8 OF SECTION 2 ON WALLS 4 (3:00) & 8 (6:00) STEP, PIVOT ¼ TURN LEFT

- 7-8 Step forward on right, ¼ pivot turn left