

# How Do I Get This Feeling

**COPPER** **KNOB**  
BY SHEILA PFAFF

拍数: 32                      墙数: 4                      级数: High Improver  
编舞者: Sheila Pfaff (USA) - December 2022  
音乐: This Feeling - Skinny Beats : (Album: Skinny Beats; iTunes; Spotify)



**Intro: 16 counts**

**Restarts: 0, Tags: 1 (Done after the 1st, 4th, and 7th repetitions)**

## **[1-8] CROSS, SIDE, CROSS & CROSS, ROCK, RECOVER, BEHIND, SIDE, CROSS**

1,2                      Step R over L (1), step L side left (2)  
3&4                     Step R over L (3), step L side left (&), step R over L (4)  
5,6                     Rock L side left (5), recover R (6)  
7&8                     Step L behind R (7), step R side right (&), step L over R (8)

## **[9-16] KICK-BALL-CHANGE, KICK-BALL-CHANGE, STEP, SWIVEL HEELS, REPLACE, COASTER STEP**

1&2                     Kick R forward (1), step on ball of R (&), step L forward (2)  
3&4                     Kick R forward (3), step on ball of R (&), step L forward (4)  
5&6                     Step R slightly forward (5), swivel both heels right (&), return heels to center (weight on L) (6)  
7&8                     Step R back (7), step L beside R (&), step R forward (8)

## **[17-24] STEP, 1/2 TURN R, RUN, RUN, RUN, ROCK FORWARD, RECOVER, BIG STEP BACK, DRAG**

1,2                     Step L forward (1), pivot 1/2 right weight ending on R {6:00} (2)  
3&4                     Step L forward (3), step R forward (&), step L forward (4)  
5,6                     Rock R forward (5), recover L (6)  
7,8                     Big step back on R (7), drag L back (no weight on L) (8)

## **[25-32] ROCK/SWAY, RECOVER, 1/4 TURN L ROCK/SWAY, RECOVER, BEHIND, SIDE, CROSS, ROCK, RECOVER**

1,2                     Rock/sway L side left (1), recover R (2)  
3,4                     Turn 1/4 left & rock/sway L side left {3:00} (3), recover R (4)  
5&6                     Cross L behind R (5), step R side right (&), step L over R (6)  
7,8                     Rock R side right (7), recover L (8)

**TAG (Comes after the 1st, 4th, and 7th repetitions.)**

### **[1-8] K STEP WITH CLAPS**

1,2                     Step R diagonally forward right (1), touch L beside R with clap (2)  
3,4                     Step L diagonally back left (3), touch R beside L with clap (4)  
5, 6                     Step R diagonally back right (5), touch L beside R with clap (6)  
7, 8                     Step L diagonally forward left (7), touch R beside L with clap (8)

## **[9-16] ROCK SIDE, RECOVER, & ROCK SIDE, RECOVER, & CROSS ROCK, RECOVER, SIDE ROCK, RECOVER**

1,2&                     Rock R side right (1), recover L (2), step R beside L (&)  
3,4&                     Rock L side left (3), recover R (4), step L beside R (&)  
5-8                     Cross rock R over L (5), recover L (6), rock R side right (7), recover L (8)

**BEGIN AGAIN AND ENJOY!!**

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