

Feels in My Body

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver / Intermediate
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音乐: Feels in My Body - Icona Pop



Starts after first 32 counts

[1-8] step hitch, sweep, sweep, rock recover step back, step back

- 1- right foot step FWD
- 2- right knee hitch FWD
- &3- right foot down, left foot sweep FWD
- 4- right foot sweep FWD
- 5- left foot step FWD rock
- 6- recover onto right foot
- 7- left foot step BKWD
- 8- right foot step BKWD

[9-16] step back, pivot, wizard step, step left, together right, body roll back

- 1- left foot step BKWD
- 2- pivot half turn toward back on both feet
- 3- weight on right foot step to right
- 4- step behind right foot with left foot, weight still on right
- 5- step right foot out, heel out left
- 6- step right foot together with left foot, weight on left foot
- 7&8- right foot back start body roll, left knee pop as you finish the body roll with weight on right foot

[17-24] Body roll, 3 quarter turn shuffle left, left sailor step

- 1&2- right foot back start body roll, left knee pop as you finish the body roll with weight on right foot
- 3- start 3/4 turn by stepping on left foot turning over your left shoulder
- 4- finish 3/4 turn by stepping on right foot continuing to turn over left shoulder
- 5&6- step left foot out, step right foot together, step left foot out
- 7&8- step right foot behind left foot, step left foot out, step right foot out

[25-32] Right behind and cross, step right, pivot kick left, knee pop right, knee pop left, knee pop right, kick ball change

- 1&2- step left foot behind right foot, step right foot out, step left foot crossing in front of right foot
- 3- step right foot out
- 4- kick left foot out pivoting on right foot, facing 9 o'clock
- 5- knee pop right bringing left foot together with right foot
- 6- knee pop left
- 7- knee pop right
- 8&1- weight on right foot heel kick left foot, step left foot BKWD, step right foot FWD