

# Good in My Soul

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Kathryn Finley (USA) - July 2024  
音乐: Feels Good - O.N.E The Duo



Tags: 0 - Restarts: 1

#16 count intro, dance starts on lyrics

Restart Happens on wall 4 after 16 counts

## [1-8]: Heel Switch, Step Right, Shoulder Shake fwd, Shoulder Shake back

1&2&-      Kick R Heel fwd (1), Step Together (&), Kick L Heel fwd (2), Step Together (&)  
3,4-      Step R to R side (3), Step Together (4)  
5&6-      Step fwd R, Shake Shoulders fwd (5&6)  
7&8-      Shake Shoulders back, resting weight on L foot (7&8)

## [9-16]: Shuffle Forward R, Shuffle Forward L, Kick R heel, Hook R heel over L leg, Kick R heel Out, Flick R Heel behind 1/4 turn Left, Scuff R foot, Stomp R foot

1&2-      Step Fwd R (1), Step fwd L (&), Step fwd R (2)  
3&4-      Step fwd L (3), Step fwd R (&), Step fwd R (4)  
5&6&-      Kick R heel out (5) Hook R foot over L leg (&) Kick R heel fwd (6), Flick R foot behind while turning 1/4 L(&)  
7,8-      Scuff R foot (7), Touch R foot, keeping weight on L foot (8)

## [17-24]: Sailor Step R, Sailor Step L, R Lock Step, R Shuffle Forward

1&2-      Step R behind L (1) Step L to L side (&), Step R to R side (2)  
3&4-      Step L behind R (3), Step R to R side (&), Step L to L side (4)  
5,6-      Step fwd R (5), Step L and hitch R leg (6)  
7&8-      Step fwd R (7), Step fwd L (&), Step fwd R (8)

## [25-32]: Charleston L, Touch L foot out to L Side, Step L behind R, Unwind 1/2 L

1,2-      Sweep and Touch L Foot fwd (1) Sweep and Step Back On L (2)  
3,4-      Sweep and Touch R Toe Back (3) Sweep and Step Forward on R (4)  
5,6-      Touch L foot to L side (5), Step L foot behind R (6)  
7,8-      Unwind 1/2 over L shoulder (7,8)