

# Moves My Body

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Sue Jennings (USA) & Stacy Skukowski (USA) - October 2024  
音乐: Feels Good - O.N.E The Duo



## Intro 16 counts

SEQUENCE: 32, 32, 32, 16, 32, 32, 32, 32, 32, 32, 4

## [1-8] STEP R HEEL SWIVEL, R COASTER STEP, HEEL GRIND ¼ TURN, SHUFFLING ½ TURN L, R, L

1&2      Step forward with R, swivel heels R and back to center  
3&4      Step R back, Step L next to R, Step R forward  
5-6      Step L heel next to R, Grind ¼ turn L (9:00)  
7&8      Shuffling ½ turn L, R, L over L shoulder (3:00)

## [9-16] STEP R ½ TURN, SHUFFLING ½ TURN R, L, R, ROCK RECOVER, RUN, RUN, RUN

1-2      Step R pivot ½, Recover on L (9:00)  
3&4      Shuffling ½ turn R, L, R over L shoulder (3:00)  
5-6      Rock back on L, Recover on R  
7&8      Step L, Step R, Step L

## [17-24] CROSS, STEP, HEEL JACK, BALL CROSS, STEP, HEEL JACK

1-2      Cross R over L, Step L to the side  
3&4      Step R behind L, Step L next to R, R Heel forward at an angle  
&5,6      Take weight on the R, Cross L over R, Step R to the side  
7&8      Step L behind R, Step R next to L, L Heel forward at an angle

## [25-32] BALL CROSS INTO JAZZBOX CROSS, 2 HIP BUMPS R, R KICK BALL CHANGE

&1,2      Take weight on the L, Cross R over L, Step back with L  
3-4      Step R next to L, Step L crossing over R  
5-6      Touch R to the side, Bump R hip twice keeping weight on L  
7&8      R Kick, Step R on ball of foot, L Step in place

**One restart on wall 4 after 16 counts – You will dance the first 16 counts starting on wall 4 but will end that 16 count facing 12:00 where you will restart the dance**

## End of Dance – Last 32 counts will end on wall 11 (9:00)

1-2      Step forward on R, pivot ½  
3-4      Step forward on R, pivot ¼ to the front