

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