

# I Feel Good (Tibetan Song)

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: DQLD (INA) - November 2024  
音乐: Nangwa Kyipa (纳瓦吉瓦) - Lawrence (達桑嘉措)



No Tag, 1 Restart on Wall 1 after 16c

Intro: 16c

## Section 1: Walk R, L, Mambo Forward, Side, Cross, Side, Heel

12            Step RF frwd, Step LF frwd  
3&4          Step RF frwd, Recover LF, Step RF back  
5678        Step LF to L, Step RF across LF, Step LF to L, Touch R Heel to R

## Section 2: Side, Cross, Side, Heel, Modified Rocking Chair Turn ¼ L, Modified Mambo

1234        Step RF to R, Step LF across RF, Step RF to R, Touch L Heel to L  
5&          Turn 1/8 L Dig LF Heel frwd, Recover RF (10.30)  
6&          Turn 1/8 L step LF back, Recover RF (09.00)  
7&8        Dig LF Heel frwd, Recover RF, Step LF back

(Restart here on Wall 1)

## Section 3: Back, Back, ¼ R Side, Touch, Full Turn Rolling Vine

12            Step RF back, Step LF back  
34            Turn 1/4R Step RF to R, Touch LF beside RF (12.00)  
5678        ¼ L Step LF Frwd Recover RF, ¼ L Step RF to R, ½ L Step LF to L, Touch Rf beside LF

## Section 4: Side Shuffle R, Side Shuffle L, Turn ¼ L Side Shuffle R, Side Shuffle L

1&2        Step RF to R, Step LF beside RF, Step RF to R  
3&4        Step LF to L, Step RF beside LF, Step LF to L  
5&6        Turn ¼ L Step RF to R, Step LF beside RF, Step RF to R (09.00)  
7&8        Step LF to L, Step RF beside LF, Step LF to L

Have fun!

Email : [fiel8phan@gmail.com](mailto:fiel8phan@gmail.com)