

I Feel Better

COPPER KNOB
BY STEPHEN HETS

拍数: 0 墙数: 4 级数:
编舞者: Lars Soderstrom (SWE)
音乐: I Feel Better (Since You're Gone) - Jim Stringer & The AM Band



Sequence: AAAA, BB

PART A

SHUFFLE, KICK, TOUCH, TURN, STOMP, SHUFFLE

1&2 Step forward right, close left beside right, step forward right
3 Kick left foot forward
4 Touch left foot back
5 Make half turn left
6 Stomp right beside left
7&8 Step forward left, close right beside left, step forward left
9-16 Repeat

FULL TURN RIGHT, SHUFFLE, FULL TURN LEFT, SHUFFLE

17 Step right foot to right and making ½ turn right
18 Step left foot to left making ½ turn right, completing full turn
19&20 Step right foot right, close left beside right, step right foot right
21 Step left foot to left and making ½ turn left
22 Step right foot to right making ½ turn left, completing full turn
23&24 Step left foot left, close right beside left, step left foot left

RIGHT HEEL BALL CROSS TWICE, KICK, KICK, SAILOR ¼ TURN

25 Touch right heel diagonally forward
&26 Step back on ball of right. Cross left over right
27 Touch right heel diagonally forward
&28 Step back on ball of right. Cross left over right
29-30 Kick right forward. Kick right to right diagonal.
31&32 Cross right behind left. Step left to left side with ¼ turn right. Touch right beside left

PART B

KICK WALK TWICE, KICK TWICE, COASTER STEP

1 Left foot kick forward
2 Left foot step forward
3 Right foot kick forward
4 Right foot step forward
5-6 Left foot kick forward twice
7 Left foot step back
& Right foot step back
8 Left foot forward

ROCK STEP, WEAVE LEFT, ½ TURN

9 Rock right foot to right side
10 Recover weight onto left foot
11 Right foot cross behind left
12 Left foot left side
13 Right foot cross in front of left
14 ¼ turn right with left foot

- 15 ¼ turn right with right foot, completing ½ turn
- 16 Left foot step beside right with weight
- 17-24 Repeat step 9-16

TOUCH HITCH, TOUCH TOGETHER

- 25 Touch right foot to right side, arms out and snap fingers
- 26 Hitch right knee in front of left leg, arms cross in front of chest snap fingers
- 27 Touch right foot to right side, arms out and snap fingers
- 28 Right foot beside left foot, clap
- 29-32 Repeat 25-28 with left foot

KICK, TOUCH, ¼ TURN, MOONWALK TWICE, COASTER STEP

- 33 Kick right foot forward
- 34 Touch right toe diagonally back right
- 35 ¼ turn right
- 36 Hold and clap
- 37 Moonwalk back right
- 38 Moonwalk back left
- 39 Right foot back
- & Left beside right
- 40 Right foot step forward

On moonwalk point your thumbs over your shoulders, twice

If you do not have the original music, you can dance Part B to any music.
