

# 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.**

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