

# C-Y-F-I (Can You Feel It) Shuffle

**COPPER** KNOB  
BY STEPHENETS

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Jo Williams (USA)  
音乐: Better Man, Better Off - Tracy Lawrence



## KNEE HITCHES, SIDE STEP, SLIDE, BOUNCES

- 1-2      Raise right heel and swing right knee in front of left knee; step down on right heel while raising left heel and swinging left knee in front of right knee
- 3-4      Step down on left while raising right heel and swinging right knee in front of left knee; swing right knee in front of left knee again
- 5-6      Step right foot to right side; slide left next to right
- 7-8      On balls of both feet, bounce heels on floor twice.

## KNEE HITCHES, SIDE STEP, SLIDE, BOUNCES

- 9-10      Raise left heel and swing left knee in front of right knee; step down on left while raising right heel and swinging right knee in front of left knee
- 11-12      Step down on right while raising left heel and swinging left knee in front of right knee; swing left knee in front of right knee again
- 13-14      Step left foot to left side; slide right next to left
- 15-16      On balls of both feet, bounce heels on floor twice.

## OUT-OUT, CLAP, IN-CROSS, CLAP, UNWIND, BOUNCES

- &17-18      Step right foot to right side; step left foot to left side; clap hands
- &19-20      Step left foot to center; cross-step right over left; clap hands
- 21-22      Unwind  $\frac{1}{2}$  turn to the left; hold
- 23-24      On balls of both feet, bounce heels on floor twice.

## STEP, SLIDE WITH TOUCH

- 25-26      Step right forward at 45 degree angle reaching forward with palms down; slide left next to right pulling arms toward body (as if pulling self forward along the ground)
- 27-28      Step right forward at 45 degree angle reaching forward with palms down; slide left next to right pulling arms toward body
- 29-30      Step left forward at 45 degree angle reaching forward with palms down; slide right next to left pulling arms toward body
- 31-32      Step left forward at 45 degree angle reaching forward with palms down; slide right next to left pulling arms toward body.

## DIAGONAL STEPS WITH HIP PUSHES, $\frac{1}{4}$ TURN LEFT

- 33-34      Step right forward at 45 degree angle and push hips to right front twice
- 35-36      Push hips to left rear twice
- 37-38      Step forward slightly onto ball of right and push hips right; push hips left pivoting  $\frac{1}{8}$  turn left on ball of left foot
- 39-40      Step forward slightly onto ball of right and push hips right; push hips left pivoting  $\frac{1}{8}$  turn left on ball of left foot.

## SYNCOPATED JUMPS, WALK FORWARD

- &41-42      Jump back on right; jump back on left; clap
- &43-44      Jump back on right; jump back on left; clap
- 45-46      Walk forward right, then left
- 47-48      Walk forward right; step left beside right.

## REPEAT

