

Still Feels Good

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Mark Simpkin (AUS) & Peter Fry (AUS) - April 2008
音乐: Still Feels Good - Rascal Flats



Side, Behind, Ball Cross Shuffle, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{1}{2}$, Pivot $\frac{1}{2}$

1-2 Step R to R side, step L behind R,
&3&4 Step R to R side, cross L over R, step R to R side, cross L over R
5-6 $\frac{1}{4}$ turn R stepping forward on R, $\frac{1}{2}$ turn R stepping back on L
7&8 $\frac{1}{2}$ turn R stepping forward on R, step forward on L, $\frac{1}{2}$ turn R putting weight on R (Quick Pivot)

Step Hold, Sailor Step, Sailor Step, Shuffle Forward

1-2 Step L to L side, hold
3&4 Step R behind L, step L to L side, step R to R side,
5&6 Step L behind R, step R to R side, step forward on L,
7&8 Step forward on R, step L together, step forward on R

Pivot $\frac{1}{2}$ Turn, $\frac{1}{2}$ Turn Shuffle Back, Touch $\frac{1}{2}$ Turn, Kick Ball Step

1-2 Step forward on L, $\frac{1}{2}$ turn R putting weight on R
3&4 $\frac{1}{2}$ turn R stepping back on L, step together on R, step back on L,
5-6 Touch R toe back, $\frac{1}{2}$ turn R putting weight on R
7&8 Kick L forward, step L together, step R foot forward

Rock Forward/Replace, $\frac{1}{4}$ Turn Step Hold & Step, Touch $\frac{1}{2}$ Unwind, Cross

1-2 Rock forward on L, replace weight on R
3-4 $\frac{1}{4}$ turn L stepping L to L side, hold
& Step together on R,
5-6 Step L to L side, touch R behind L
7-8 $\frac{1}{2}$ turn R putting weight on R (Unwind), cross L over R

Side Rock/Replace, Cross Shuffle & $\frac{3}{4}$ Unwind, Rock Forward/Replace

1-2 Rock R to R side, replace weight on L
3&4 Cross R over L, step L to L side, cross R over L
&5-6 Step L to L side, touch R behind L, $\frac{3}{4}$ turn R putting weight on R
7-8 Rock forward on L, replace weight on R

(&) Touch, Twist, Twist, Push Back, $\frac{1}{2}$, $\frac{1}{2}$, $\frac{1}{4}$ Side Shuffle

&1-2 Step L beside R, touch R toe back, twist $\frac{1}{4}$ turn R ending with weight on R
3-4 Twist $\frac{1}{4}$ turn L ending with weight on L, push back on R with knees slightly bent
5-6 $\frac{1}{2}$ turn L stepping forward on L, $\frac{1}{2}$ turn L stepping back on R,
7&8 $\frac{1}{4}$ turn L stepping L to L side, step R together, step L to L side

Cross Rock/Replace, Side Shuffle, Cross Rock/Replace, $\frac{1}{4}$, $\frac{1}{4}$ Rock/Replace

1-2 Cross R over L, replace weight on L
3&4 Step R to R side, step L together, step R to R side
5-6 Cross L over R, replace weight on R,
7&8 Turn $\frac{1}{4}$ L stepping L fwd, Turning $\frac{1}{4}$ L step R to R side, replace weight on L

Cross Samba, Cross Samba, Cross Hold, Ball Cross, Step Side

1&2 Cross R over L, step L to L side, replace weight on R
3&4 Cross L over R, step R to R side, replace weight on L

5-6 Cross R over L, hold

&7-8 Step L to L side, cross R over L, step L to L side

Choreographers Note: When playing the 3.56 minute version, the music fades out at about 2 and a half minutes
