

# Feel Good

COPPERKNOB  
BY STEPHENETS

拍数: 32      墙数: 2  
编舞者: Tanja Frei (DE) - April 2011  
音乐: Rock Bottom Blues - Kid Rock

级数: Newcomer / Novice ECS



---

**Start after 32 counts / 2 Restarts (in Wall 4 & 8)**

**[1-8] Side Shuffle right, Back Rock, Side Shuffle left, Back Rock with ¼ turn right**

1&2            Side shuffle right (stepping right, left, right)  
3-4            Rock back on left, recover onto right  
5&6            Side shuffle left (stepping left, right, left)  
7-8            Rock back on right with turning 1/4 to right, recover onto left (3:00)

**[9-16] 3x Heel Switches, Hold, 3x Heel Switches, Hold**

1&2            touch right heel forward, step right next to left, touch left heel forward  
&3-4            step left next to right, touch right heel forward ,hold  
&5&6            step right next to left, touch left heel forward, step left next to right, touch right heel forward,  
&7-8            step right next to left, left heel forward, hold

**RESTART: Here in walls 4 & 8.**

**[17- 24] Shuffle right, Full Turn, Shuffle left, Step right , ½ Turn left**

&1&2            step left next to right, shuffle right forward (stepping right, left, right)  
3-4            left step back with turning 1/2 to right, right step forward with turning 1/2 to right  
5-6            shuffle left forward (stepping left, right, left)  
7-8            step right forward, turn 1/2 to left

**[25-32] Shuffle right, Rock Step, Sailor Step with ¼ turn left, Kickball Step**

1&2            shuffle right forward (stepping right, left, right)  
3-4            Rock left forward, recover onto right  
5&6            Step left behind right with turning ¼ left, step left next to right, step right slightly side  
7&8            kick right forward, step right next left, step left slightly forward

**Start again and have fun !!**

---