

Good Feeling

COPPER KNOB
BY STEPHEN BATES

拍数: 96 墙数: 1 级数: Easy Intermediate
编舞者: Regina Cheung (CAN) - February 2012
音乐: Good Feeling - Flo Rida



Part A - 32 counts Part B - 64 counts Tag 1 & Tag 2 (identical - 12 counts)
Intro : 16 counts - Sequence : AAB, AA Tag1 B, AA Tag2 B, AAA

Part A - 32 COUNTS

Sec 1: Scuff Hitch R, Sailor X 2, Rock Recover

1, 2 Scuff & hitch R forward, Swing out to right with left heel up a bit like in the air
3&4 Step right behind left , Step left to left side, Step right to right side
5&6 Step left behind right, Step right to right side, Step Left to left side
7,, 8 Rock right forward, Recover on left (12:00)

Sec 2: Sailor Cross 1/2 R, L Side Rock Cross, Big Step Back Drag, Coaster Cross

1&2 Step right behind, left turn 1/2 right, Right cross over Left
3&4 Rock left on left side, Recover on right, Left cross over right
5, 6 Step right back big step, Drag left towards right
7&8 Step back on left, Step right next to left, Step left cross over right (6:00)

Sec 3: Chasse Right, Back Rock, Chasse Left, Back Rock

1&2 Step right on right side, Step left next to right, Step right on right side
3, 4 Rock back on left, Recover on right
5&6 Step left on left side, Step right next to left, Step left on left side
7, 8 Rock back on right, recover on Left (6:00)

Sec 4: Paddle 1/4 Turn Left X 2, Kick Ball Touch, Side Touch

1, 2 Step right forward making 1/4 turn to Left
3 4 Step right forward making 1/4 turn to Left
5&6 Kick right forward, step ball of right next to left, touch left next to right
7, 8 Step left on left side, Touch right next to left (12:00)

Part B - 64 Counts

Sec 1: Chasse 1/4 Turn R, Pivot 1/4 Turn R, Cross Shuffle, R Side Rock

1&2 Step right to right side, Step left next to right, Step right forward 1/4 turn right
3, 4 Step left forward, Pivot 1/4 turn right
5&6 Cross left over right, Step right to right side, Cross left over right
7, 8 Rock right on right side, Recover on Left (6:00)

Sec 2: Cross Back Heel X 2, Left Coaster, Walk Walk

1&2& Cross step right over left, Step ball of left slight back, Dig right heel to right diagonal, Step right next to left
3&4 Cross step left over right, Step ball of right slight back, Dig left heel to left diagonal.
5&6 Step back on left, Step right next to left, Step left forward
7, 8 Step right forward, Step left forward (6:00)

Sec 3: Forward Touch, Back Touch X 3

1, 2 Step right forward diagonal, Touch left next to right
3, 4 Step left back left diagonal, Touch right next to left
5, 6 Step right back right diagonal, Touch left next to right
7, 8 Step left back left diagonal, Touch right next to left (6:00)

Sec 4: R Shuffle Forward, L Shuffle forward, Toes Struts X 2

1&2 Step right forward, Step left next to right, Step right forward
3&4 Step left forward, Step right next to left, Step left forward
5, 6 Right forward toe strut
7, 8 Left forward toe strut (6:00)

Sec 5: Rock Recover, Shuffle 1/2 Turn Right, Rock Recover, Shuffle 1/2 Turn Left

1, 2 Rock right forward, Recover on left
4&5 1/4 turn right step right to right side, Step left next to right, 1/4 turn right step forward on right
5, 6 Rock left forward, Recover on right
7&8 1/4 turn left step left to left side, Step right next to left, 1/4 turn left step forward on left (6:00)

Sec 6: 1/4 Monterey Turn Right, Monterey Step, Jazz Box 1/4 Right

1, 2 Point right to right side, 1/4 turn right stepping right together
3, 4 Point left to left side, stepping left together
5, 6 Cross right over left, Step left back for 1/4 turn right
7, 8 Step right to right side, Step Left forward (12:00)

Sec 7: 1/4 Monterey Turn Right, 1/4 Monterey Turn Left, R Shuffle Forward, Rock Recover,

1, 2 Point right to right side, 1/4 turn right stepping right together
3, 4 Point left to left side, 1/4 turn left stepping left together
5&6 Step right forward, Step left next to right, Step right forward
7, 8 Rock left forward, Recover on right

Sec 8: L Back Shuffle, Back Rock, Kick Ball Touch, Side Touch

1&2 Step back on Left, lock Right over Left, step back on Left
3, 4 Rock back on right, Recover on left
5&6 Kick R forward, step ball of R next to L, touch L next to R
7, 8 Step L on left side, Touch R next to L (12:00)

Tag 1 (12 count)

Sec 1: R Shuffle Forward, L Rock Forward, Left Shuffle Bank, Right Back Rock

1&2 Step right forward, Step left next to right, Step right forward
3, 4 Rock left forward, Recover on Right
5&6 Step back on Left, lock Right over Left, step back on Left
7, 8 Rock back on right, Recover on left (12:00)

Sec 2: 4 counts - circle walk R, L, R, L for full turn left back to 12:00

Tag 2 (12 count)

Sec 1: same as Tag 1

Sec 2: 4 counts - 1/4 Paddles X 4 for full turn left back to 12:00

Happy Dancing

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