

# I Get A Good Feeling

**COPPER** KNOB  
STEPSHEETS

拍数: 96      墙数: 1      级数: Phrased Intermediate  
编舞者: Ron van Oerle (NL) & Katja van Oerle (NL) - August 2012  
音乐: Something's Got a Hold On Me - Christina Aguilera



Intro Counts: 34 Seconds (Start on the word Something's) - Sequence is A B A B A B A

## Part A (64 Counts)

### Step 1 t/m 8: Triple Step Left, Right Rock Step Back, Triple Step Right, Left Rock Step Back

- 1 . LF step to the Left
- & RF step next to LF
- 2 . LF step to the Left
- 3 . RF Rock back
- 4 . LF put weight back on foot
- 5 . RF step to the Right
- & LF step next to RF
- 6 . RF step to the Right
- 7 . LF Rock back
- 8 . RF put weight back on foot

### Step 9 t/m 16: ½ Triple Turn Right, Right Rock Step Back, ½ Triple Turn Left, Left Rock Step Back

- 1 . Make a ¼ Turn Right (on your RF) and LF step to the Left side
- & RF step next to LF
- 2 . Make a ¼ Turn Right (on your RF) and LF step Back
- 3 . RF Rock back
- 4 . LF put weight back on foot
- 5 . Make a ¼ Turn Left (on your LF) and RF step to the Right side
- & LF step next to RF
- 6 . Make a ¼ Turn Left (on your LF) and RF step Back
- 7 . LF Rock back
- 8 . RF put weight back on foot

### Step 17 t/m 24: Triple Step Left, Right Rock Step Back, Right Kick Ball Cross, Right Kick Ball Cross

- 1 . LF step to the Left
- & RF step next to LF
- 2 . LF step to the Left
- 3 . RF Rock back
- 4 . LF put weight back on foot
- 5 . RF Kick Forward
- & RF place ball of foot next to LF
- 6 . LF cross in front of RF
- 7 . RF Kick Forward
- & RF place ball of foot next to LF
- 8 . LF cross in front of RF

### Step 25 t/m 32: Triple Step Right, Left Rock Step Back, Left Kick Ball Cross, Left Kick Ball Cross

- 1 . RF step to the Right
- & LF step next to RF
- 2 . RF step to the Right
- 3 . LF Rock back
- 4 . RF put weight back on foot
- 5 . LF Kick Forward

& LF place ball of foot next to RF  
6 . RF cross in front of LF  
7 . LF Kick Forward  
& LF place ball of foot next to RF  
8 . RF cross in front of LF

**Step 33 t/m 40: ¼ Triple Turn Left, ¼ Step Turn Left, Cross Triple Step, Hip Sways (Left, Right)**

1 . LF turn ¼ Left and step forward  
& RF step next to LF  
2 . LF step Forward  
3 . RF step forward  
4 . Make a ¼ Turn Left (weight is on LF)  
5 . RF cross in front of LF  
& LF step to the Left side  
6 . RF cross in front of LF  
7 . LF step to the Left and sway your hips left  
8 . Sway your hips Right (weight is on RF)

**Step 41 t/m 48: ¼ Triple Turn Left, ¼ Step Turn Left, Cross Triple Step, Hip Sways (Left, Right)**

1 . LF turn ¼ Left and step forward  
& RF step next to LF  
2 . LF step Forward  
3 . RF step forward  
4 . Make a ¼ Turn Left (weight is on LF)  
5 . RF cross in front of LF  
& LF step to the Left side  
6 . RF cross in front of LF  
7 . LF step to the Left and sway your hips Left  
8 . Sway your hips Right (weight is on RF)

**Step 49 t/m 56: Left Sailor Step, Hip Sways (Right, Left), Right Sailor Step, Hip Sways (Left, Right)**

1 . LF cross behind RF  
& RF step to the Right  
2 . LF step to the Left  
3 . Sway your hips to the Right  
4 . Sway your hips to the Left  
5 . RF cross behind LF  
& LF step to the Left  
6 . RF step to the Right  
7 . Sway your hips to the Left  
8 . Sway your hips to the Right

**Step 57 t/m 64: Left Triple Step Forward, ½ Step Turn Left, Right Triple Step Forward, ½ Step Turn Right**

1 . LF step forward  
& RF step next to LF  
2 . LF step forward  
3 . RF step forward  
4 . Make a ½ Turn Left (weight is on your LF)  
5 . RF step forward  
& LF step next to RF  
6 . RF step forward  
7 . LF step forward  
8 . Make a ½ Turn Right (weight is on your RF)

## **Part B (32 Counts)**

### **Step 1 t/m 8: Shimmy's To The Left, Together, Shimmy's To The Left**

- 1 . LF step to the Left and start doing Shimmy's for 4 counts
- 2 . Shimmy's
- 3 . Shimmy's
- 4 . End your Shimmy's (weight is on your LF)

**(In your shimmy's you can do some nice movements with your hands. Feel the music)**

- & RF step next to LF
- 5 . LF step to the Left and start doing Shimmy's for 4 counts
  - 6 . Shimmy's
  - 7 . Shimmy's
  - 8 . End your Shimmy's (weight is on your LF)

**(In your shimmy's you can do some nice movements with your hands. Feel the music)**

### **Step 9 t/m 16: Jump With A ½ Turn Right, Shimmy's To The Left, Together, Shimmy's To The Left**

- & Jump up and do a ½ Turn Right in the air (weight is on your RF)
- 1 . LF step to the Left and start doing Shimmy's for 4 counts
  - 2 . Shimmy's
  - 3 . Shimmy's
  - 4 . End your Shimmy's (weight is on your LF)

**(In your shimmy's you can do some nice movements with your hands. Feel the music)**

- & RF step next to LF
- 5 . LF step to the Left and start doing Shimmy's for 4 counts
  - 6 . Shimmy's
  - 7 . Shimmy's
  - 8 . End your Shimmy's (weight is on your LF)

**(In your shimmy's you can do some nice movements with your hands. Feel the music)**

### **Step 17 t/m 24: Triple Step Right, Left Rock Step Back, Triple Step Left, Right Rock Step Back**

- 1 . RF step to the Right
- & Lf step next to RF
- 2 . RF step to the Right
- 3 . LF Rock Back
- 4 . RF put weight back on foot
- 5 . LF step to the Left
- & RF step next to LF
- 6 . LF step to the Left
- 7 . RF Rock Back
- 8 . LF put weight back on foot

### **Step 25 t/m 32: Hip Sways ( Right, Left, Right, Left) Jump With A ½ Turn Right, Hip Sways (Left, Right, Left, Right)**

- 1 . RF step to the Right and sway your hips Right
- 2 . Sway your hips Left
- 3 . Sway your hips Right
- 4 . Sway your hips Left

**(During the hip sways you will do a move with your hands and arms. They will go up and down in front of you. Witch hand you start is your choice)**

- & Jump up and do a ½ Turn Right in the air (weight is on your RF)
- 5 . LF step to the Left and sway your hips to the Left
  - 6 . Sway your hips Right
  - 7 . Sway your hips Left
  - 8 . Sway your hips Right

**(During the hip sways you will do a move with your hands and arms. They will go up and down in front of you. Witch hand you start is your choice)**

End of dance. Enjoy it (and smile).

RLC (Ron's Linedance Club)([www.rons-linedance-club.nl](http://www.rons-linedance-club.nl))

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