

It Feels Good

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: John Huffman (USA) - March 2015
音樂: It Feels Good - Drake White



Intro: Dance starts after 24 counts, Weight on R

S1: Step, Lock, Step-Lock-Step (x2)

1-2 1) Step L fwd 2) Lock R behind L
3&4 3) Step L fwd &) Lock R behind L 4) Step L fwd
5-6 5) Step R fwd 6) Lock L behind R
7&8 7) Step R fwd &) Lock L behind R 8) Step R fwd (12:00)

S2: Rock, Recover, Shuffle 1/2, 1/4, 1/4, Coaster Cross

1-2 1) Rock L fwd 2) Recover to R
3&4 3) Turn 1/4 L step L to side &) Step R to L 4) Turn 1/4 L step L fwd
5-6 5) Turn 1/4 L step r to side 6) Turn 1/4 L step L back
7&8 7) Step R back &) Step L to R 8) Step R across L (12:00)

Restart #1 happens here during wall 2

S3: Cruising Vine w 1/4 turn

1-2 1) Step L to side 2) Step R behind L
3-4 3) Turn 1/4 L step fwd 4) Step R fwd
5-6 5) Pivot 1/2 L (weight to L) 6) Turn 1/4 L step R to side
7-8 7) Step L behind R 8) Turn 1/4 R step R fwd (3:00)

S4: Syncopated Cross Rock (x2), Jazz Box

1-2& 1) Cross-rock L across R 2) Recover to R &) Ball-step L to side
3-4& 3) Cross-rock R across L 4) Recover to L &) Ball-step R to side
5-6 5) Step L across R 6) Step R back
7-8 7) Step L to side 8) Step R to L (3:00)

Restart #2 happens here during wall 4

S5: Side, Together (x2), Side-rock, Recover, Behind-Side, Cross

1-2 1) Step L to side (side body roll from head down) 2) Step R to L
3-4 3) Step L to side (side body roll from head down) 4) Step R to L
5-6 5) Rock L to side 6) Recover to R
&7-8 &) Step L behind R 7) Step R to side 8) Step L across R (3:00)

S6: Side, Together (x2), Side-rock, Recover, Behind-1/4, Step

1-2 1) Step R to side (side body roll from head down) 2) Step L to R
3-4 3) Step R to side (side body roll from head down) 4) Step L to R
5-6 5) Rock R to side 6) Recover to L
&7-8 &) Step R behind L 7) Turn 1/4 L step L fwd 8) Step R fwd (12:00)

S7: Walk x3, Heel, Back x3, Touch

1-2-3-4 1) Step L fwd 2) Step R fwd 3) Step L fwd 4) Touch R heel fwd
5-6-7-8 5) Step R back 6) Step L back 7) Step R back 8) Touch L toe to R (12:00)

S8: Heel Jack, Hold (x2), Ball-Rock, Recover, 1/4-Side, Together

&1-2 &) Step L in place 1) Touch R heel to R diagonal 2) Hold
&3-4 &) Step R to L 3) Touch L heel to L diagonal 4) Hold
&5-6 &) Step L to R 5) Rock R fwd 6) Recover to L
&7-8 &) Turn 1/4 step R to side 7) Step L to side 8) Step R to L (3:00)

Restarts: -

Restart 1: happens after 16 counts of wall 2, facing 3:00
Restart 2: happens after 32 counts of wall 4, facing 9:00

Repeat, Have fun

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