

# I Feel Good Today

**COPPER** **KNOB**  
BY THOMAS RHETT

拍數: 48      牆數: 4      級數: Improver / Intermediate  
編舞者: Ivan Garcia (USA) - September 2015  
音樂: I Feel Good - Thomas Rhett : (Album: Tangled Up)



Count In: 16 counts from start of track, dance begins on vocals.

Tags: 1 Tag before starting the 3rd wall; you will be facing (6:00) and repeat 48ct.

## **S1: ROCK FORWARD R, RECOVER L, BACK SHUFFLE R, 1/4 TURN HING L WITH SIDE POINT TOUCH R, STEP R WITH 1/2 TURN, SIDE ROCK L, RECOVER R**

1 2            Rock RF forward (1), recover on LF (2) (12:00)  
3&4           Shuffle back; right (3) left (&) right (4)  
5 6            Step LF back with 1/4 turn left (5), side point touch RF (6) (9:00)  
7&8&         Step on RF with 1/2 turn (7), side rock LF (&), recover on LF (8) (3:00)

## **S2: CROSS L OVER R, SIDE ROCK R, CROSS R OVER L, SIDE STEP L WITH L SWAY, SWAY R, HIP BUMPS L X2**

1 2            Cross LF over RF (1), Side rock RF (2)  
3 4            Recover on LF (3), Cross RF over LF (4)  
5 6            Side step LF with Left Sway (5), Sway to Right (6)  
7&8&         Hip bump Left (7), Move hip slightly right (&), Hip bump left (8) (3:00)

## **S3: CROSS ROCK R OVER L, RECOVER L, SIDE SHUFFLE R, CROSS STEP L OVER R, 1/2 TURN FORWARD SHUFFLE L**

1 2            Cross rock RF over LF (1), Recover on RF (2) (3:00)  
3&4            Side shuffle Right; Right (3), Left (&), Right (4)  
5 6            Cross LF over RF (5), Recover on RF (6) (3:00)  
7&8&         Shuffle LF with 1/2 turn Left; Left (7), Right (&), Left (8) (9:00)

## **S4: ROCK FORWARD R, RECOVER L, COASTER STEP R, ROCK FORWARD L, RECOVER R, STEP TOGETHER, ROCK BACK R, RECOVER L**

1 2            Rock forward RF (1), Recover LF (2)  
3&4            Right step behind (3), Left step beside Right (&), Right step forward (4).  
5 6            Rock forward LF (5), Recover back onto RF (6)  
&7 8&         Step LF beside RF (&), Rock back RF (7), Recover forward onto LF (8) (9:00)

## **S5: CROSS R, SIDE ROCK L, CROSS L, SIDE ROCK R (or Diagonal Cross side rock X2), JASS BOX R AND CROSS**

1&2           Step RF forward and slightly across LF (1), rock ball of LF to left side (&), recover weight RF (2) (1:30)  
3&4           Step LF forward and slightly across RF (3), rock ball of RF to right side (&), recover weight LF (4) (10:30)  
5 6            Step RF over LF (5), LF step back (6) (SQUARE OFF @ 9:00)  
7 8            Step RF to RF side (7), step LF across RF (8)

## **S6: CHASSE R, ROCK BACK ON LEFT AND RECOVER ON RIGHT, CHASSE L, ROCK BACK ON RIGHT, RECOVER ON LEFT**

1&2           Side RF shuffle; right (1), left (&), right (2)  
3 4            Rock LF behind RF (3), recover onto RF (4)  
5&6           Side LF shuffle; left (5), right (&), left (6)  
7 8            Rock RF straight behind LF (7), recover onto LF (8) (9:00)

## REPEAT

**TAG: BEFORE STARTING THE 3 WALL, DO: -**

**DIAGONAL STEP TOUCH FORWARD, RIGHT, LEFT WITH HIP BUMPS, DIAGONAL STEP TOUCH BACK, RIGHT, LEFT WITH HIP BUMPS**

- 1 2            Step right diagonally forward (1), touch left together with R hip bump (2)
- 3 4            Step left diagonally forward (3), touch right together with L hip bump (4)
- 5 6            Step right back to right diagonal (5), touch left together with R hip bump (6)
- 7 8            Step left back to left diagonal (7), touch right together with L hip bump (8)

**Very funky dance...keep dancing.**

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**Last Update - 19th Nov 2015**

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