

Sha La La Ez

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Lynn Card (USA) - October 2015
音樂: I Feel Good - Thomas Rhett



SECTION 1: WALK, WALK, OUT OUT, CLAP, HIP BUMPS

1,2 Walk R forward, Walk L forward
&3,4 Step R out to right, Step L out to left, Clap once
5,6 Bump R hip to right twice
7,8 Bump L hip to left twice (weight on L)

SECTION 2: STEP BACK, TOUCH, STEP BACK, TOUCH, BACK, BACK, COASTER STEP

1,2 Step R back to right diagonal, Touch L next to R
3,4 Step L back to left diagonal, Touch R next to L
5,6 Walk R back, Walk L back
7&8 Step R back, Step L next to R, Step R forward

SECTION 3: STEP, TOGETHER, TRIPLE STEP, STEP, TOGETHER, TRIPLE STEP ¼ TURN

1,2 Step L forward to left diagonal, Step R next to L (10:00)
3&4 Step L forward to left diagonal, Step R next to L, Step L forward
5,6 Step R forward to right diagonal, Step L next to R (2:00)
7&8 Step R forward to right diagonal, Step L next to R, Step R forward and ¼ turn to left (9:00)
(For Beginners: You can do this section without syncopation Step, Together, Step, Touch and Step, Together, Step ¼ Turn, Touch)

SECTION 4: STEP, POINT, STEP, POINT, TWIST, TWIST, TWIST, KNEE POP

1,2 Step L next to R, Point R to right
3,4 Step R next to L, Point L to left (you may travel forward on counts 1,2,3,4 but be sure to be in the right position to step into the twist)
(Check video for styling option on step points)
5,6 Bring L in next to R and twist both heels to R, Twist heels to L
7,8 Twist heels right, Twist heels to center and at the same time release R heel and pop R knee Forward

TAG: 8 COUNTS, After Wall 3 facing 3:00

&1,2 Jump forward R out then L out, Clap
&3,4 Jump back R then L together, Clap
5,6 Step R forward to slight diagonal, Step L forward out to left
7,8 Step R back to center, Step L next to R

Ending: The dance ends perfectly on count 32 with the knee pop.