

I Feel Good Today

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Andrea Kreuzer (USA) - November 2015
音樂: I Feel Good (feat. LunchMoney Lewis) - Thomas Rhett



* Dance starts 16 counts after musical intro -- weight on left foot

(1-8) Two walks back with knee pops, back coaster step, step-turn-touch

- 1-2 Walk back on right foot, popping left knee forward as putting weight on right foot -- snapping fingers as popping knee
3-4 Walk back on left foot, popping right knee forward as putting weight on left foot - snapping fingers as popping knee
5&6 Right back coaster step
7-8 Step forward left, making a 1/2 turn right as bring right foot next to right (keeping weight left foot)

(9-16) Two walks back with knee pops, back coaster step, step-turn-touch

- 1-2 Walk back on right foot, popping left knee forward as putting weight on right foot -- snapping fingers as popping knee
3-4 Walk back on left foot, popping right knee forward as putting weight on left foot - snapping fingers as popping knee
5&6 Right back coaster step
7-8 Step forward left, making a 3/4 turn to right as bring right foot next to right (keeping weight left foot)

(17-24) Toe Points front-side, coaster step, sweep-turn, shuffle

- 1-2 Point right foot front and side
3&4 Right coaster step back
5-6 Sweep left foot 1/2 turn over left shoulder with hitch
7&8 Forward left shuffle

(25-32) Step-taps right and left, shuffle side, shuffle side with turn

- 1-2 Step side right, tap left toe behind
3-4 Step side left, tap right toe behind
5&6 Shuffle right side
7&8 Shuffle left side 1/4 turn

(33-40) Two walks forward, sailor turn, two walks forward, cross step turn

- 1-2 Walk forward right, left
3&4 Sailor with half turn left
5-6 Walk forward left, right
7&8 Cross left over right, step back on right making a 1/4 turn left as step left side

(41-48) Cross-step-point twice, jazz box turn

- 1-2 Step right over left, touch left toe side
3-4 Step left over right, touch right toe side
5-8 Jazz box with 1/2 turn

Restart on wall 3: After first 8 counts of dance, restart dance (will be facing front wall again)

Tag at 6th wall (facing 6:00) & 9th wall (facing 9:00): repeat last 16 counts of dance.

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