

It Feels Good

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Gail A. Dawson (USA) - July 2017
音樂: Feels Good - Tony! Toni! Toné!



Intro: 48 counts - No Tags, No Restarts

***VINE WITH A HEEL JACK, ROCK, RECOVER, TRIPLE TURN 1/2**

1,2 Step R to R, step L behind R
&3 Step R to R, touch L heel diagonally forward
&4 Step L beside R, cross R over L
5,6 Rock L forward, recover to R
7&8 Step L ½ turn to L (6:00), step R beside L, step L forward

***OPTION GRAPE VINE INSTEAD OF A VINE WITH A HEEL JACK**

ROCK, RECOVER, **PONY BACK, PONY BACK, ROCK, RECOVER

1,2 Rock R forward, recover L
3&4 Step R back hitching L, step L in place, step R back hitching L
5&6 Step L back hitching R, step R in place, step L back hitching R
7,8 Rock R back, recover to L

****OPTIONS INSTEAD OF PONY**

OPTION 1 – BODY ROLL

3,4 Step R back diagonally to right, body roll to right
5,6 Step L back diagonally to L, body roll to left

OPTION 2 – STEP TOUCH

3,4 Step R back diagonally to right, body roll to right
5,6 Step L back diagonally to L, body roll to left

¼ TURN POINT, CROSS, POINT, CROSS, MONTERRY ½ TURN

1,2 Turn ¼ on L foot point R to R(3:00), R cross over L
3,4 Point L to L, L cross over R
5,6 Point R to R, on ball of L turn ½ to R, stepping R beside L
7,8 Point L to L, touch L beside R

STEP, SLIDE, KICK BALL CHANGE, JAZZ BOX

1,2 Step L forward, slide R beside L (do not take weight)
3&4 Kick R forward, step R beside L, step L in place
5, 6 Cross R over L, step L back
7&8 Step R beside L, cross L over R

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