

# 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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