

# Feel Good Feelin

**COPPER** **NOB**  
STEPSHEETS

拍數: 48                      牆數: 2                      級數: Beginner  
編舞者: Irene Ottello (IT) - May 2018  
音樂: Feel Good Feelin' - Me and Mae



## #1-ROCK STEP R AND L, COASTER STEP, PIVOT ½ TURN

1-2&                      R rock fwd, recover on left, right beside left  
3-4                      L rock fwd, recover on right  
5&6                      step back left, step right beside left, step left forward  
7-8                      step right fwd, ½ turn left (weight on left)

## #2-SHUFFLE SIDE, ROCK STEP, SHUFFLE SIDE, ROCK CROSS BACK

1&2                      right to right side, left beside right, right to right side  
3-4                      rock cross left behind right, recover on right  
5&6                      left to left side, right beside left, left to left side  
7-8                      rock cross right behind left, recover on left

## #3-TOE SWITCHES, HEEL SWITCHES, SHUFFLE FWD, SCUFF, STEP BACK ½ TURN

1&2                      touch R toe to R side, step right together , touch L toe to L side  
&3&4                      step left together, touch R heel fwd, step right together, touch L heel fwd  
&5&6                      step left together, step right fwd, close left next to right, step right fwd  
7-8                      scuff left, ½ turn right step left back

## #4-SIDE and CROSS R and L, STEP R AND L FULL TURN, ROCK STEP SIDE

1&2                      step right to right, step left together, cross right over left  
3&4                      step left to left, step right together, cross left over right  
5-6                      ½ turn left step right back, ½ turn left step left fwd  
7-8                      R rock to right side, recover on left

## #5-R SHUFFLE CROSS, ROCK STEP SIDE, JAZZ BOX ½ TURN, SCUFF

1&2                      cross right over left, left to left side, cross right over left  
3-4                      L rock step to left, recover on right  
5-8                      cross left over right, ¼ turn left R to right side, ¼ turn left left to left side, scuff right

## #6-R ROCK CROSS FWD AND STEP SIDE, L ROCK CROSS FWD AND STEP SIDE, PIVOT ½ TURN TWICE

1&2                      cross right over left, recover on left, right to right side  
3&4                      cross left over right , recover on right, left to left side  
5-8                      step R fwd ½ turn left twice (weight on left)

**RESTART: AFTER 16 COUNT ON 5° WALL**

**TAG: AFTER 16 COUNT ON 6° WALL**

1                      STOMP R FWD  
2-3-4                      HEEL BUMPS ½ TURN LEFT  
and Restart

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