

Feeling Good Today

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 2 級數: Beginner / Improver
編舞者: Sue Ayers (USA) - April 2020
音樂: I Feel Good (feat. LunchMoney Lewis) - Thomas Rhett : (Album: Tangled Up)



- Start dance after 16 counts on vocals
- No tags; One restart after section 1 (after first 8 counts) on wall 3

S1: Skate 2x (RL), Diag Right Fwd Shuffle, Skate 2x (LR), Diag Left Fwd Shuffle

1-2 Slide slightly forward on R (1), slide slightly forward on L (2)
3&4 Step forward (diag) R (3), step L together (&), step forward (diag) R (4) (1:30)
5-6 Slide slightly forward on L (5), slide slightly forward on R (6)
7&8 Step forward (diag) L (7), step R together (&), step forward (diag) L (8) (10:30)
RESTART HERE on Wall 3 (after voice says "...can someone bring the beat back?")

S2: Fwd R Mambo, Back L Mambo, Touch R Toe Back/Right, 1/8 Right, Back Rock/Replace

1&2 Step forward on R (1), weight shift back to L (&), step R back (2) (still at 10:30)
3&4 Step back on L (3), weight shift forward to R (&), step L forward (4)
5-6 Touch R toe right & behind (5), shift weight onto L while turn 1/8 right (6) (12:00)
7-8 Rock back onto R (7), replace weight onto L (8)

S3: Step Fwd, ¼ Right w/ L Knee Hitch & Finger Snaps, Shuffle in Place (do sequence 2x)

1-2 Step forward on R (1), hitch L knee while turn ¼ right and snap fingers (2) (3:00)
3&4 Step on L (3), step on R next to L (&), step on L (4)
5-6 Step forward on R (5), hitch L knee while turn ¼ right and snap fingers (6) (6:00)
7&8 Step on L (7), step on R next to L (&), step on L (8)

S4: Step Back w/ Touches (4x), Cross Unwind ½ Left, Kick-ball-cross

&1&2 Step back on R (&), touch L beside R (1), step back on L (&), touch R next to L (2)
&3&4 Step back on R (&), touch L beside R (3), step back on L (&), touch R next to L (4)
5-6 Cross R over L (5), unwind ½ to left (6) (12:00)
7&8 Kick R forward (7), step on ball of R (&) cross L over R (8)

Easier variation: Walk back on full counts 1-4, starting w/ R; step R fwd on 5, pivot ½ L on 6

S5: Right Side, Behind, & Heel & Cross, Left Side, Behind, & Heel & Step

1-2 Step right on R (1), step L behind R (2)
&3&4 Step right on R (&), touch L heel forward (3), step L next to R, (&), cross R over L (4)
5-6 Step left on L (5), step R behind L (6)
&3&4 Step left on L (&), touch R heel forward (7), step R next to L, (&), step L forward (8)

Easier variation: Vine right w/ touch on full counts 1-4, vine left w/ touch on full counts 5-8

S6: Walk 2x, Shuffle Fwd, Step, Pivot ½ Right; Big Step L Fwd, Slide Touch R w/ Clap

1-2 Step forward on R (1); step forward on L (2)
3&4 Step forward on R (3), step L together (&), step forward on R (4)
5-6 Step forward on L (5); pivot ½ turn right, shifting weight to R (6) (6:00)
7-8 Big step forward on L (7); slide R forward to touch next to L while clapping once (8)