

# It Feels Good

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Don Pascual (FR) - March 2022  
音樂: It Feels Good - Drake White



Start on lyrics

## Section 1: R (Toe-Heel, Toe-heel-cross), L (Toe-Heel, Toe-heel-cross)

1-2            R toe beside L(R knee inward), R heel forward (R diagonal)  
3&4           R toe beside L(R knee inward), R heel forward (R diagonal) , cross R over L  
5-6           L toe beside R (L knee inward), L heel forward (L diagonal)  
7&8           L toe beside R (L knee inward), L heel forward (L diagonal) , cross L over R

**Style:**

Counts 1 to 4: swivel your L foot in place to the right and to the left

Counts 5 to 8: swivel your R foot in place to the left and to the right

## Section 2: Syncopated R & L rock forward, syncopated R & L side points

1-2            Step R forward, recover onto L  
&3-4           R beside L (weight on R), step L forward, recover onto R  
&5-6           L beside R (weight on L), point R toe to R side, hold  
&7-8           R beside L (weight on R), point L toe to L side, hold

**Style:**

Counts 5-6: Turn your head right

Counts 7-8: Turn your head left

**Restart:** Wall 3 facing 6h00, add a count & at the end of section 2:

&            bring L beside R (weight on L)

and restart the dance.

## Section 3: Cross R over L, hold, L 1/4 T & cross L over R, hold, syncopated jumps RL backward (out & in)

&1-2           L beside R (weight on L), cross R over L, hold  
&3-4           L 1/4 T & R beside L (weight on R), cross L over R, hold  
&5&6           Backward: Little syncopated jump RL (ending feet at shoulder width), little syncopated jump RL (ending feet together)  
&7&8           Repeat counts &5&6

## Section 4: Syncopated R side jump, hold + snap, L 1/4 T & syncopated jump LR forward, hold + snap, 1/4 Turn L & syncopated jump RL in place, hold, little jumps in place making a R 1/2 T

&1-2           Syncopated R side jump RL (ending weight on R, L toe beside R), hold + snap  
&3-4           L 1/4 T & syncopated jump LR forward (ending weight on L, R toe behind L), hold + snap  
&5-6           L 1/4 T & syncopated jump in place RL (moving back your R foot and moving forward your L foot, doing a lunge as if you were fencing), hold  
7&8           Making a R 1/2 T: 3 little jumps in place, gathering and stretching progressively your legs

**Style:**

Counts &5-6: Your legs are bent

Counts 7&8: Stretch your legs progressively

**Final:** Counts 7&8 of section 4, make a R 3/4 T instead of a R 1/2 T

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