

I Feel Good

拍數: 32 牆數: 4 級數: Improver
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音樂: I Feel Good (feat. LunchMoney Lewis) - Thomas Rhett



2 Easy restarts

Weave, Heel, Heel, Weave, Heel, Heel

- 1-2& Step right foot to right side, step left foot behind right, step right foot to right side
3&4& Touch left heel forward, step left foot next to right, touch right heel forward, step right foot next to left
5-6& Step left foot to left side, step right foot behind left foot, step left foot to left side
7&8& Touch right heel forward, step right foot next to left, touch left heel forward, step left foot next to right

(Restart here on wall 4)

Rock, Recover, ¼ Turn Chase, Cross Step, ¼ Turn, ¼ Turn, Cross Step

- 1-2 Rock forward on right foot, recover weight back on left foot
3&4 Pivot ¼ turn right stepping right foot to right side, step left foot next to right, step right foot to right side
5-6 Cross step left over right foot, pivot ¼ turn left stepping back on right foot
7-8 Pivot ¼ turn left stepping left foot to left side, cross step right over left

(On wall 8, finish the 8 count with a touch right, next to left foot, restart)

Rock, Recover, Crossing Shuffle, ¼ Turn, Step, Crossing Shuffle

- 1-2 Rock left foot to left side, recover weight back to right
3&4 Cross step left over right, step right foot to right side, cross step left over right
5-6 Pivot ¼ turn left stepping back on right foot, step left foot to left side
7&8 Cross step right over left, step left foot to left side, cross step right over left

Step, Hold, Ball, Step, Hold, Rock, Recover, ¼ Turn, ½ Turn

- 1-2 Step left foot to left side, hold
&3-4 Step right foot next to left foot, step left foot to left side, hold
5&6 Cross rock right foot over left, recover weight back to left foot, pivot ¼ turn right stepping forward on right foot
7-8 Step forward on left foot, pivot ½ turn to right (weight ends up on left foot)

Repeat and always have fun!