

F.G.T. (Feeling Good Today)

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Kerry Maus (USA) - July 2022
音樂: F.G.T. - LÖNIS & Little League : (iTunes & Amazon)



TAG on wall 5 [12:00] after 32 counts Intro: 64 counts (About 30 seconds)

[1-8] CROSS, BACK, SIDE, CROSS, SIDE, BEHIND, SIDE, CROSS, ¼ PIVOT

1&2 1) cross L over R, &) step R back, 2) step L to left
3 4 3) Cross R over L, 4) step L to left
5&6 5) Cross R behind L, &) step L to left, 6) cross R over L
7 8 7) Step L to left, 8) turn ¼ right, weight to R [3:00]

[9-16] STEP, CROSS, SIDE, BEHIND, SIDE ROCK, BACK ROCK

1 2 1) Step L forward, 2) cross R over L
3 4 3) Step L to left, 4) cross R behind L
5 6 5) Rock L to left side, 6) recover to R
7 8 7) Rock L back, 8) recover to R

[17-24] SCISSOR STEP, ¼, ½, ¼ TRIPLE, DRAG, BALL, CROSS

1&2 1) Step L to left, &) close R next to L, 2) cross L over R, prepping to turn left
3 4 3) Turn ¼ left, stepping R back, 4) turn ½ left, stepping L forward
5&6 5) Turn 1/8 left, stepping R to right, &) step L beside R, 6) turn 1/8 left, stepping R to right
7&8 7) Drag L foot beside R, &) step L beside R, 8) cross R over L [3:00]

[25-32] HIP ROLLS WITH TOUCHES, TRIPLE ¼ TURN, KICK BALL CHANGE

1 2 1) Step L to left, pushing hips back in circular motion, weight shifting from R to L, 2) touch R toe/hip bump
3 4 3) Step R to right, pushing hips back in circular motion, weight shifting from L to R, 4) touch L toe/hip bump
5&6 5) Turn ¼ left, step forward L, &) step R next to L heel, 6) step L forward
7&8 7) Kick R diagonally forward, &) step R to right, 8) cross L over R [12:00]

Tag here on wall 5 facing 12:00

[33-40] SIDE, BEHIND, CHASSE ¼, ½ PIVOT, ¼ CHASSE

1 2 1) Step R to right, 2) cross L behind R,
3&4 3) Step R to right, &) step L beside R, 4) turn ¼ right, stepping R forward
5 6 5) Step L forward, 6) pivot ½ turn right, weight to right
7&8 7) turn ¼ right, step to left, &) step R beside L, 8) step L to left

[41-48] BEHIND, SIDE, CROSS TRIPLE, ¼ ROCKING CHAIR

1 2 1) Cross R behind L, pop L knee, 2) step L to left, pop R knee
3&4 3) Cross R over L, &) step L beside R heel, 4) cross R over L
5 6 5) Rock L to left, 6) recover R, making ¼ turn left
7 8 7) Rock L back, 8) recover forward R [9:00]

TAG: ROCK, RECOVER, COASTER STEP

1 2 1) Rock R forward, 2) recover L
3&4 3) Step R back &) step L beside R, 4) step R forward

Have fun and DANCE HAPPY! ☐

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