

# I Feel Like Dancing

**COPPER** **KNOB**  
BY STEPHEN HETS

拍數: 48      牆數: 4      級數: Low Intermediate  
編舞者: Alyssa Smith (USA), Chrissy Poulton (USA) & Kristin Lyn (USA) - March 2023  
音樂: I Feel Like Dancing - Jason Mraz



## 1 EASY BRIDGE\*; NO TAGS OR RESTARTS

Dance starts on count 1 right before lyrics. Weighted on LF.

## SECTION 1: POINT, HOLD, KICK-BALL CROSS, SLIDE & TOUCH, SIDE-STEP WITH SHOULDER SHIMMY

1, 2            (1) Point R toe to R side (2) Hold  
3&4           (3) Kick RF Forward (&) Step ball of RF next to LF, (4) Cross LF over RF  
5,6            (5) Slide RF to R side, (6) Touch LF next To RF  
7&8            Step LF to L side while shimmying shoulders L (7), R (&), L (8) shifting weight to LF (12:00)

## SECTION 2: CHARLESTON, STOMP 2X, APPLE JACKS (OR HEEL SPLITS\*),

1,2            (1) Swing/Sweep R leg Forward and Tap R toe (2) Swing/Sweep R leg back, Step RF next to LF, weight on RF  
3,4            (3) Tap LF Back, (4) Step LF Forward, weight on LF  
5,6            (5) Stomp RF Forward\*\*, (6) Stomp LF next to RF  
7&8&        (7) Swivel R toes to the R, and swivel L heel to the R (simultaneously to make a "V" pattern)  
                 (&) Swivel R toes and L heel back to center while switching your weight to LF  
                 (8) Swivel L toes to the left and swivel R heel to the L (simultaneously, making a "V" pattern)  
                 (&) Swivel L toes and R heel back to center, weight on RF\* (12:00)

## \*APPLE JACKS MODIFICATION – SYNOCHOPATED HEEL SPLITS

5, 6            (5) Stomp RF Forward, (6) Stomp LF Diagonally Behind RF  
7&8            (7) Swivel both Heels Out, (&) In, (8) Out

**\*\*BRIDGE:** This occurs on COUNT 5 in SECTION 2 on WALL 6 (Facing 9:00) Immediately following the Charlestons (1, 2, 3, 4)

Lyrics will say "Now everybody FREEZE!" (Count 5)

On "FREEZE" , Stomp RF forward (5) and Freeze/Hold for counts 6, 7, 8 (Omitting the Apple Jacks / Heel Splits)

On Count 1 of Section 3, resume the dance, L Wizard Step (1, 2&)...

## SECTION 3: WIZARD/DOROTHY STEP, HEEL POPS, KICK-BALL TOUCH BEHIND, ½ TURN HEEL BOUNCES

1,2&           (1) Step LF diagonally (2) Lock RF behind LF, (&) Step LF diagonally, weight on LF  
3&4            (3) Step RF Diagonal, (&) Bending knees slightly, Lift both heels up (4) Bring both heels down, weight on RF  
5&6            (5) Kick LF Forward, (&) Step Ball of LF next to RF, (6) Touch R toe behind, weight on LF  
7,8            (7) ¼ Turn R, bounce heels (8) ¼ Turn R, bounce heels, keeping weight on LF (6:00)

## SECTION 4: CROSS, SIDE, BEHIND, SIDE, HEEL, BALL CHANGE, ½ PIVOT, SIDE-STEP, HIP SWAYS

1&2&        (1) Cross RF over LF, (&) Step LF to L side (2) Cross RF behind LF (&) Step L F to L side  
3&4            (3) Touch R heel on diagonal (&) Quick step RF next to LF (4) Step LF forward  
5, 6            (5) ½ Turn R, Replace weight on RF (6) Step LF to L side  
7,8            (7) Sway hips R (8) Sway hips L, weight on L (12:00)

## SECTION 5: BALL CHANGE, WALK, TOUCH, SWIVEL/TWIST, WALK BACK, BACK-SWEEP, BACK-SWEEP, COASTER CROSS-DIP

&1,2            (&) Quick Step RF next to LF, weight on ball of RF (1) Step LF Forward (2) Walk RF Forward

- 3&4 (3) Touch L toe forward (&) Swivel L heel out (4) Swivel L heel back to center, keeping weight on RF
- 5,6 (5) Step Back on LF, sweeping R leg back (6) Step RF in place, sweeping L leg back
- 7&8 (6) Step LF in place, (&) Step RF next to LF, (8) Cross LF over RF, with a "dip", slightly bending knees (12:00)

**SECTION 6: SIDE-STEP, CROSS-DIP JAZZ BOX INTO ¼ TURN, ½ TURNING SHUFFLES**

- 1,2 (1) Step RF to R side, (2) Cross LF over RF with a "dip", slightly bending knees, beginning the jazz box
- 3,4 (3) Step back on RF, (4) ¼ L, Step LF forward (9:00)
- 5&6 (5) Step RF forward, (&) ¼ Turn L, Step LF next to RF, (6) ¼ Turn L, Step back on RF
- 7&8 (7) 1/4 Turn L, Step LF to L side (&) Step RF next to LF, (8) 1/4 Turn L, Step LF forward

**Last Update - 13 Mar 2023**

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