

I Feel Like Dancing

COPPER KNOB
STEPSHEETS

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, SWVIVEL/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
