

# Keep This Feeling

**COPPER** STEPSHEETS **KNOB**

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Darren Bailey (UK) - May 2023  
音樂: This Feeling - Skinny Beats



**Intro: 16 Counts**

**Phrasing: 48 / 64 / 48 / 64 / 48 / 64**

## **Rock, Recover, Behind, Side, Cross, 1/4 L, 1/2 L, L Coaster Step**

1-2      Rock RF to R diagonal, Recover onto LF  
3&4      Cross RF behind LF, Step LF to L side, Cross RF over LF  
5-6      Make a 1/4 turn L and step forward on LF, make a 1/2 turn L and step back on RF (now facing 3:00)  
7&8      Step back on LF, Close RF next to LF, Step forward on LF

## **Skate R, Skate L, Shuffle R diagonal, Cross, Side, Heel, Close, Cross, 1/2 L**

1-2      Skate RF to R, Skate LF to L (traveling forward slightly)  
3&4      Step RF to R diagonal, Close LF behind RF, Step RF to R diagonal  
5&6&      Cross LF over RF, Step RF to R side, Touch L heel to L diagonal, Step LF next to RF  
7-8      Cross RF over LF, Make a 1/2 turn L (now facing 9:00)

## **Hitch, Slide, L Sailor Step, Twist L, Twist R w/ 1/4 L, Shuffle 1/2 L**

1-2      Hitch R knee, Take a big step to R with RF  
3&4      Step LF behind RF, Step RF to R side, Step LF to L side  
5-6      Twist both heel to L, Twist both heel to R making a 1/4 turn L (weight on LF)  
7&8      Make a 1/4 turn L and Step RF to R side, Close LF next to RF, Make a 1/4 turn L and step back on RF (now facing 12:00)

## **Step back, Hold, Step back, Hold, Step Forward, Step Forward, Step Forward, Close**

1-2      Step back on LF, Hold (option to Body Roll down over 2 counts)  
3-4      Step back on RF, Hold (option to Body Roll down over 2 counts)  
5-6      Step forward on LF, Step forward on RF  
7-8      Take a big step forward on LF, Close RF next to LF

## **Twist, Close, Twist, Close, Step Forward, Close, Point R, Close, Point L, Close, 1/2 L**

1&2&      Twist R heel to R side, Twist R heel to center, Twist L Heel to L side, Twist L heel to center  
3-4      Take a big step forward on RF, Close LF next to RF  
5&6&      Touch RF to R side, Close RF next to LF, Touch LF to L side, Close LF next to RF  
7-8      Step forward on RF, Make a 1/2 turn L (now facing 6:00)

## **R Dorothy, L Dorothy, 1/2 L, Paddle x2 with 1/4 L x2**

1-2&      Step RF to R diagonal, Lock LF behind RF, Step RF to R side  
3-4&      Step LF to L diagonal, Lock RF behind LF, Step LF to L side  
5-6      Step forward on RF, Make a 1/2 turn L  
7-8      Make a 1/4 turn L and touch RF to R side, Make a 1/4 turn L and touch RF to R side (now facing 6:00)

**Note: Restart here on walls 1, 3, 5, (you will be facing 6:00 when you restart)**

**Note: (You will only dance these next 16 counts on walls 2,4,6 always facing 12:00)**

## **Rock, Recover, Full turn R, Cross, Side, L Sailor Step**

1-2      Rock forward on RF, Recover onto LF  
3&4      Make a 1/2 turn R and step forward on RF, make a 1/4 turn R and step LF next to RF, Make a 1/4 turn R and step RF next to LF

5-6 Cross LF over RF, Step RF to R side  
7&8 Cross LF behind RF, Step RF to R side, Step LF to L side

**Cross, Side, R Sailor Step, Cross, Big Slide back, Step**

1-2 Cross RF over LF, Step LF to L side  
3&4 Cross RF behind LF, Step LF to L side, Step RF to R side 5 Cross LF over RF  
6-7-8 Take a big step back on RF, drag LF towards RF, Step forward slightly on LF towards R diagonal

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