

# (I Feel Like) Dancing History

**COPPER** KNOB  
BY STEPSHEETS

拍數: 64      牆數: 3      級數: Improver  
編舞者: Lora Lynch (USA) - January 2023  
音樂: I Feel Like Dancing - Jason Mraz



1st Place Winner - 2023 USLDCC Choreography H.O.T. (Heart Of Texas)

No Tags. No Restarts. \*1 Easy Step Change Wall 4 (6:00) "Freeze"

MUSIC INTRO: 4 Beeps & 16cts (Start on Vocals)

## SECTION 1 - CHARLESTON STEP: (FWD & BACK, BACK & FWD, FWD & BACK, BACK & FWD) \*SWING ARMS

1 2      Tap R Fwd, Step R behind L  
3 4      Tap L Back, Step L Fwd  
5 6      Tap R Fwd, Step R behind L  
7 8      Tap L Back, Step L Fwd

## SECTION 2 - SATURDAY NIGHT FEVER: (FINGER POINTS, FIST ROLLS, FLAP ARMS)

1 2      Step R beside L & Point R Index Finger Up To R Diagonal with Hip Bump L, Point R Index Finger Down Diagonal L Across Body with Hip R  
3 4      Point R Index Finger Up to R Diagonal with Hip Bump L, Point R Index Finger Down Diagonal L Across Body with Hip R  
5 6      Roll Fists at Chest level with Knee Bends  
7 8      Lift Elbows Up with Heel Split Out, Lower Elbows Down with Heels Together (chicken wings)

## SECTION 3 - POP & LOCK: (FIST UP, OVER, GRAB, SWITCH) ROBOT: (HANDS UP, TURN BODY R, SWITCH ARMS WITH LOOK & LOOK)

1      \*Sharp\* Move R Fist to R Shoulder (thumb towards body)  
2      Move R Fist to L Shoulder lifting R Elbow parallel  
3      Grab R Fist with L Hand  
4      Move Fists to R shoulder lifting L Elbow parallel  
5      Move Both Hands (open, fingers together) by Shoulders & Elbows by waist  
6      Turn Upper Body R (facing 3:00)  
7      Head Pop to L (12:00) Bend L Arm up / R Arm down / Bend at Waist  
8      Head Pop to R (3:00) Switch Arms L down - R up / Stand Up Straight

## SECTION 4 - TEMPTATIONS: (STEP, TAP BEHIND, STEP, TAP BEHIND) CHORUS LINE KICKS: (STEP, KICK, STEP, KICK & R JAZZ HAND WAVE, L HAND ON HIP)

1 2      Step R to R Side, Tap L behind R with knee bends  
3 4      Step L to L Side, Tap R behind L with knee bends  
5678      \*L Hand on Hip while R Open Jazz Hand Waves\* Step R to diagonal (1:30), Kick L Fwd, Step L Fwd, Kick R Fwd

## SECTION 5 - THE TWIST: (STEP OUT, SWIVEL HIPS & LEGS) METAL HEADS: (BOUNCING, HAND GESTURES BY FACE, SHAKE HEAD, TONGUE OUT)

1234      Step R down (2nd position) & Swivel Hips & Legs (Wt shift to R & L)  
5678      Feet Together & Bounce, Hands by Face (Index & Pinky Fingers Out), Shaking Head Side to Side with Tongue Out

## SECTION 6 - BALLROOM 1/2 TURNS: ROCK BACK, RECOVER, TRIPLE STEP-RLR - 1/2 TURN (6:00), ROCK BACK, RECOVER, TRIPLE STEP-LRL 1/2 TURN (12:00)

1 2      Rock R back, Recover L

3&4 Triple Step RLR 1/2 Turn L (6:00)  
5 6 Rock L back, Recover R  
7&8 Triple Step LRL 1/2 Turn R (12:00)

**\*\*SECTION 7 - CHA CHA CHA: (TRIPLE STEP- RLR & R ARM UP, TRIPLE STEP- LRL & L ARM UP) SOUL TRAIN: (SKATE, SKATE, HIP BUMP R)**

1&2 Triple Step RLR Fwd (straight line) with R Arm 90°Angle & L Hand at R Elbow  
3&4 Triple Step LRL Fwd (straight line) with L Arm 90°Angle & R Hand at L Elbow  
5&6 Slide Step R diagonal, Slide Step L diagonal (arm flow side to side)  
7 8. Hip Bump to R, Step L to L side

**SECTION 8 - COUNTRY WESTERN: (BACK BOOT SLAP, KNEE SLAP, LASSO \*\*\*1/2 TURN L)**

1 2 Flick R behind L & Slap R with L Hand, Step R in place  
3 4 Hitch L and Slap L Thigh with R Hand, Step L in place  
5-8 \*\*\*1/2 Turn L - Lasso R Arm Overhead Shuffle RLR & Shuffle LRL (6:00)

**CHANGES TO SECTION 8 - \*\*\*Wall 4 (6:00) with lyrics ".Now Everybody FREEZE" Stop Moving (4cts) in Lasso at 1/4 Turn (3:00) then start Wall 5 (3:00)**

**ENDING: Wall 6 (12:00) \*\*\*NO TURN**

**FUN PARTNER ENDING:**

**Last Wall 6 (12:00)**

**Section 7**

1-4 ChaChaCha to a partner  
5, 7 2 Hip Bumps with partner

**Section 8**

**Lasso Shuffle Fwd then Pose with Partner.**

**This Dance pays Special Tribute to The Flower Mound Senior Center Line Dancers.**

**Thank You All for the continued love, support, prayers, & encouragement through my recovery as I return to the performing arts.**

**"It's NEVER Too Late." LineDanceWithDoubleL@Gmail.com UPDATED: July 1, 2023**

**Last Update: 14 Jul 2023**

---