

# I Feel Phenomenal

COPPER KNOB  
STEPSHEETS

拍數: 56      牆數: 2      級數: Phrased Advanced  
編舞者: Tim Johnson (UK), Fiona Murray (IRE) & Roy Hadisubroto (NL) - August 2023  
音樂: Phenomenal - Leftrightcenter



Intro: After 16 counts

Sequence: A Tag B A Tag B A B B

## PART A: 32c

### [1 - 8] WALK R L, SIDE TOGETHER, KNEE POP, CROSS, ½ TURN R HITCH, DRAG, CLAP 2X

- 1 - 2            Walk R forward (1), Walk L forward (2) 12:00  
& 3 & 4        1/8 Turn L, Step R to R side (&), Step L next to R (3), Lift heels pushing knees forward (&), Heels down, weight on L (4) 10:30  
5 - 6            Cross R over L (5), 3/8 Turn R, Step back on L (6) 3:00  
&a7            ¼ Turn R, Hitch R knee (&), Big step R to R side while dragging L (a7) 6:00  
&8              Clap hands by bringing R hand down, L hand up (&), Clap hands by bringing L hand down, R hand up (8) 6:00

### [9 - 16] CROSS POINT, POINT SWITCHES, BODYROLL, BALL SIDE, HEEL SWIVEL

- 1 - 2            Cross point L over R (1), Point L to L side (2) 6:00  
& 3 & 4        Close L next to R (&), Point R to R side (3), Close R next to L (&), Point L to L side (4) 6:00  
5 - 6            Angling body to 7.30, Start bodyroll from head downwards (5), Finish bodyroll taking weight on L (6) 6:00  
& 7 & 8        Body angled to 7.30, Close R next to L (&), Step L to L side (7), Swivel R heel out (&), Swivel R heel in (8) 6:00

### [17 - 24] DOROTHY STEPS, ROCK, RECOVER, STEP, ½ TURN PIVOT

- 1 - 2 &        1/8 Turn R, Step R diagonally forward (1), Lock L behind R (2), Step R slightly diagonally forward (&) 7:30  
3 - 4 &        Step L diagonally forward (3), Lock R behind L (4), Step L slightly diagonally forward (&) 7:30  
5 - 6            Rock R forward (5), Recover on L pushing hips back (6) 7:30  
7 & 8            Step R forward (7), Step L forward (&), ½ Turn R while transferring weight on R (8) 1:30

### [25 - 32] EXTENDED LOCKSTEPS, SWEEP CROSS, HOLD, HIP BUMPS

- 1 & 2 &        Step L forward (1), Lock R behind L (&), Step L forward (2), Lock R behind L (&) 1:30  
3 & 4            Step L forward (3), Lock R behind L (&), Step L forward while sweeping R from back to front (4) 12:00  
5 - 6            1/8 Turn L, Crossing R over L (5), Step L to L side (6) 12:00  
7 & 8            Hold (7), Bump hips R (&), Bump hips L (8) 12:00

**PART B : 24c - \*Happens facing 6 o'clock after the tag & happens facing 12 o'clock after the last time Part A is danced**

### [1 - 8] WALK R, L, KICK BALL STEP, SIT BALL STEP, SIT BALL STEP

- 1 - 2            Walk R forward (1), Walk L forward (2) 12:00  
3 & 4            Kick R forward (3), Step R next to L (&), Step L forward (4) 12:00  
5 & 6            Bend both knees to seated position taking weight on R pushing hips back (5), Straighten knees taking weight on L, close R next to L (&), Step L forward (6) 12:00  
7 & 8            Bend both knees to taking weight on R push hips back (7), Straighten knees taking weight on L, close R next to L (&), Step L forward (8) 12:00

### [9 - 16] STEP R, ¼ TURN L, WEAVE, HITCH SLIDE, TOGETHER, BRING UP & LOCK

- 1 - 2            Step R forward (1), ¼ Turn L transferring weight on L (2) 3:00  
3 & 4            Cross R over L (3), Step L to L side (&), Cross R behind L (4) 3:00

& 5 - 6 Hitch L (&), Make a big step to the L on L while dragging R (5), Touch R next to L (6) 3:00  
7 & a8 Bring both arms up, 90 degree angle, elbows out, inside fist facing head (7), staying in 90 degree angle drop fists below elbows (&), Move fists towards body finishing in front of hips (a)  
Drop upper body down while popping R knee, fists rotate to face floor, elbows out (8) 3:00

**[17 - 24] REPEAT COUNTS 1 – 16 OF PART B**

**TAG**

**[1 - 8] OUT, OUT, IN, IN, STEP, HEAD, ¼ TURN ISOLATED SWIVELS, BACK, STEP, BODYROLL**

1 & 2 & Step on R heel in R diagonal (1), Step on L heel in L diagonal (&), Step R back to centre (2),  
Close L next to R (&) 12:00  
3 - 4 Step R forward (3), Look L, head faces 9.00 while body is facing 12:00 (4) 12:00  
5 & 6 & Swivel L heel R (5), Swivel R heel R, completing ¼ Turn L (&), Step L back (6), Step R to R  
side (&) 9:00  
7 - 8 Start bodyroll from head downwards (7), Finish bodyroll, as if sat on a bar stool (8) 9:00

**[9 - 16] HANDS UP, DOWN, TWIST, ¼ TURN L, BACK ROCK, SLOWMOTION WALK, RUN R L**

1 - 2 Bring both arms up, 90 degree angle, handpalms facing forward (1), Keeping elbows in  
position, drop forearms forward, handpalms facing floor (2) 9:00  
3 - 4 Isolating upper/lower body, arms in same position upper body makes ¼ Turn L (3), Lower  
body finishes ¼ Turn L (4) 9:00  
& 5 – 6 - 7 Rock R back on R (&), Step forward on L while slowly bring R through (as if walking in slow  
motion) (5 – 7) 9:00  
8 & Walk R forward (8), Walk L forward (&) 6:00

**START AGAIN AND HAVE FUNNNN DARE TO BE UNIQUE**

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