

Good in My Soul

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Kathryn Finley (USA) - July 2024
音樂: Feels Good - O.N.E The Duo



Tags: 0 - Restarts: 1

#16 count intro, dance starts on lyrics

Restart Happens on wall 4 after 16 counts

[1-8]: Heel Switch, Step Right, Shoulder Shake fwd, Shoulder Shake back

1&2&- Kick R Heel fwd (1), Step Together (&), Kick L Heel fwd (2), Step Together (&)
3,4- Step R to R side (3), Step Together (4)
5&6- Step fwd R, Shake Shoulders fwd (5&6)
7&8- Shake Shoulders back, resting weight on L foot (7&8)

[9-16]: Shuffle Forward R, Shuffle Forward L, Kick R heel, Hook R heel over L leg, Kick R heel Out, Flick R Heel behind 1/4 turn Left, Scuff R foot, Stomp R foot

1&2- Step Fwd R (1), Step fwd L (&), Step fwd R (2)
3&4- Step fwd L (3), Step fwd R (&), Step fwd R (4)
5&6&- Kick R heel out (5) Hook R foot over L leg (&) Kick R heel fwd (6), Flick R foot behind while turning 1/4 L(&)
7,8- Scuff R foot (7), Touch R foot, keeping weight on L foot (8)

[17-24]: Sailor Step R, Sailor Step L, R Lock Step, R Shuffle Forward

1&2- Step R behind L (1) Step L to L side (&), Step R to R side (2)
3&4- Step L behind R (3), Step R to R side (&), Step L to L side (4)
5,6- Step fwd R (5), Step L and hitch R leg (6)
7&8- Step fwd R (7), Step fwd L (&), Step fwd R (8)

[25-32]: Charleston L, Touch L foot out to L Side, Step L behind R, Unwind 1/2 L

1,2- Sweep and Touch L Foot fwd (1) Sweep and Step Back On L (2)
3,4- Sweep and Touch R Toe Back (3) Sweep and Step Forward on R (4)
5,6- Touch L foot to L side (5), Step L foot behind R (6)
7,8- Unwind 1/2 over L shoulder (7,8)