

Feels This Good

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Joy Robertson (UK) - June 2024
音樂: If It Feels Good (Then It Must Be) - Leon Bridges



Intro: 12 Counts, Start at approx 6 secs

SEC 1 Side, Cross Rock, ¼ Side Shuffle, Step, ½ Pivot, ¼ Side Shuffle

- 1 Step right to right
- 2-3 Cross rock left over right, recover weight on to right
- 4&5 Step left to left, step right beside left, turn ¼ left step left forward (9:00)
- 6-7 Step right forward, pivot ½ left transferring weight onto left (3:00)
- 8&1 Turn ¼ left step right to right, step left beside right, step right to right (12:00)

SEC 2 Cha Timing Step x2, Hip Sway x3

- 2&3 Step left beside right, step right beside left, step left to left
- 4&5 Step right beside left, step left beside right, step right to right
- 6-7-8 Sway hips left, sway hips right, sway hips left

Restart Here on Walls 4 and 10

SEC 3 Side, Rock, Back Lock Back, Back Rock, ¼ Side Shuffle

- 1 Step right to right
- 2-3 Rock left forward, recover weight on to right
- 4&5 Step left back, lock right over left, step left back
- 6-7 Rock right back, recover weight on to left
- 8&1 Turn ¼ left step right to right, step left beside right, step right to right (9:00)

SEC 4 Cross Rock Side, Cross Rock Side, Step, ½ Pivot, Together

- 2&3 Cross rock left over right, recover weight on to right, step left to left
- 4&5 Cross rock right over left, recover weight on to left, step right to right
- 6-7 Step left forward, pivot ½ right transferring weight onto right (3:00)
- 8 Step left beside right pushing hips back