

# The Way I Feel

**COPPERKNOB**  
BY STEPHEN HETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Judith Campbell (NZ)  
音樂: Maria - George Strait



## SLOUCHY WALKS, SLOUCHY WALKS WITH HEEL TAPS

- 1-2      Slide right foot forward diagonally right pushing left hip to left, hold
- 3-4      Slide left foot forward diagonally left, pushing right hip to right, hold
- &5-6      Slide right foot forward diagonally right, tap right heel twice on floor
- &7-8      Slide left foot forward diagonally left, tap left heel twice on floor

## STEP ½ SPIN, ROCK BACK & FORWARD, MONTEREY

- 1      Step forward on ball of right foot lifting left foot up by right ankle and turn ½ to the right
- 2      Lower right heel
- 3-4      Rock back on left foot, rock forward on right foot
- 5-6      Tap left foot to left side, turn ½ to left bringing right foot next to left
- 7-8      Tap right foot to right side, close/tap right foot next to left

## STEP CLOSE TOGETHER, STEP WITH ½ HITCH TURN

- 1-3      (Moving to right side) step right to right, close left foot beside right, step right to right side
- 4      ½ turn to right hitching up left foot by right ankle
- 5-7      (Moving to left side) step left to left side, close right next to left, step left to left side
- 8      ½ turn to left hitching up right foot by left ankle

## STEP TOGETHER, STEP FORWARD, HOLD

- 1-4      Step right foot to right side, close left foot next to right, step right foot forward, hold

## SWIVEL TO LEFT, HOLD, SWIVEL TO RIGHT, HOLD

- 5-6      (Keeping feet in place) on balls of both feet swivel ½ to left, hold
- 7-8      Swivel ½ to right, hold

## STEP, HOLD, SLIDE 3 TIMES ON DIAGONAL (MOVING BACK), SHUFFLE FORWARD ON DIAGONAL

- 1-2&      Stepping left back on diagonal diagonally left, hold, slide right foot next to left
- 3-4&      Step back again on left diagonally, hold, slide right next to left
- 5-6      Step back once more on left diagonally, bring right foot next to left
- 7&8      Shuffle left foot across in front of right foot (moving right diagonally forward)

## STEP HOLD, SLIDES ON DIAGONAL (MOVING FORWARD), ROCK FORWARD & BACK, TOGETHER

- 1-2&      Stepping forward diagonally right on right foot, hold, slide left foot next to right
- 3-4&5      Step right diagonally forward, hold, slide left foot next to right, step right forward diagonally once more
- 6-8      Rock left foot over right, rock back onto right foot, close left foot next to right

## TAP, HOLD, TAP, TAP, KICK, BEHIND, SIDE SHUFFLE ACROSS

- 1-2      Tap right foot to right side, hold
- &3-4      Tap right foot next to left foot, tap right foot to right side, kick right foot forward diagonally right
- 5-6      Step right foot behind left, step left to left side
- 7&8      Shuffle right foot across in front of left (moving to left)

## ROCK RECOVER, TOGETHER, HEEL HEEL, ROCK BACK /FORWARD, ½ PIVOT TO LEFT

- 1-3      Rock left foot out to left, recover back onto right foot, close left foot next to right

&4 Tap left heel twice  
5-6 Rock back on right foot, rock forward on left foot  
7-8 Step forward on right foot,  $\frac{1}{2}$  pivot to left  
& Turn  $\frac{1}{4}$  to left

**REPEAT**

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