

I'm Feeling Good

COPPERKNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Diane Kale (USA)
音樂: Feeling Good - Michael Bublé



16-COUNT INTRO

- 1-2 Touch right toe forward, step right diagonal right
- 3-4 Touch left toe forward, step left diagonal left
- 5-6 Cross rock right over left, rock back on left
- 7&8 Sailor ½ left stepping back on right (right, left, right) (6:00)
- 1-8 Repeat above 8 counts with left foot lead (12:00)

MAIN DANCE

WALK, WALK, BACK LOCK STEP, TOUCH AND TOUCH, STEP, TOUCH, ¼ TURN LEFT

- 1-2 Walk forward right, walk forward left
- 3&4 Step back on right, cross left over right, step back right
- 5&6 Left toe touch side left, step right next to left, right toe touch side right
- 7&8 Right step to right, touch left toe to side left as you turn ¼ turn left, (weight stays on right) (9:00)

Styling: 7&8 do a side body roll with ¼ turn left

LEFT SAILOR STEP, TOUCH, TOUCH, RIGHT SAILOR STEP, ROCK BACK, RECOVER, STEP FORWARD

- 1&2 Step left behind right, step right side right, step left foot side left
- 3-4 Right toe touch across left, right toe touch to side right
- 5&6 Step right behind left, step left side left, step right to side right
- 7&8 Rock back on left, rock forward onto right, step forward left

STEP, ½ TURN RIGHT, STEP, CROSS ¼ LEFT, STEP ¼ RIGHT, STEP, PIVOT ½ RIGHT, STEP CROSS ¼ RIGHT, UNWIND

- 1-2 Step forward right, bringing feet together turn ½ turn right, transferring weight to left (3:00)
- &3-4 Step forward right, cross left over right facing ¼ left (12:00), step right forward ¼ turn right (3:00)
- 5-6 Step forward left, pivot ½ turn right stepping forward on right (9:00)
- &7-8 Step forward left, cross right over left turning ¼ right (12:00) unwind ½ turn left (6:00) take weight on left

HEEL JACK, STEP, TOUCH, STEP, HEELS TWICE

- 1&2 Cross step right over left, step back left, touch right heel right diagonal
- &3&4 Step onto right, cross touch left toe behind right heel, step back onto left, touch right heel to right diagonal
- &5&6 Step back on right, cross step left over right, step back right, touch left heel left diagonal
- &7&8 Step onto left, cross touch right toe behind left heel, step back onto left, touch left heel to left diagonal

STEP, LUNGE, RECOVER, LOCK STEP BACK, SWEEP, ROCK, TOUCH, TURN AND STEP

- &1-2 Step back on left, lunge forward on right, rock back on left and kick right forward (low kick)
- 3&4 Step back on right foot, cross lock left foot over right foot, step back on right foot
- 5-6 Sweep left back, take weight on left
- 7&8 Right rock to side right, touch left toe to side left, turn ¼ left taking weight forward onto left (3:00)

Styling: 7&8 do a side body roll with ¼ turn left

REPEAT

TAG

After wall 1 (you will be on the 3:00 wall)

TOUCH STEPS

1-2-3-4 Touch right forward, step right to right diagonal, touch left forward, step left to left diagonal

TAG

After wall 2 (you will be on the 6:00 wall)

TOUCH STEPS, ROCK STEP, RECOVER, RIGHT COASTER STEP, STEP

1-2-3-4 Touch right forward, step right to right diagonal, touch left forward, step left to left diagonal

5-6 Right cross rock over left, rock back on left

7&8& Step back right foot, step left foot next to right foot, step forward right foot, step left next to right
