

Good To Be Alive

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate social cha
編舞者: Scott Schrank (USA)
音樂: It Feels so Good - Sonique



SIDE STEP LEFT, CHASSE LEFT, ROCK STEP, CHASSE RIGHT

1-2 Step left to left, bring right to left, (weight is now on right)
3&4 Step left to left, bring right to left, step left to left
5-6 Step right over left on a slight angle left, recover weight back to left
7&8 Step right to right, bring left to right, step right to right

ROCK STEP, FULL TURN LEFT, ROCK STEP, LOCK STEP, STEP

1-2 Step left over right while slightly rising right foot, return weight to right
3&4 While stepping left-right-left, make a full turn to the left
5-6 Rock back on right, recover weight to left
7&8 Step forward with right, lock left behind right, step forward right

SIDE ROCK, CROSS SHUFFLE RIGHT, SIDE ROCK, CROSS SHUFFLE LEFT

1-2 Rock left to left, recover weight to right
3&4 Step left over right, step right behind left, step left over right
5-6 Rock right to right, recover weight to left
7&8 Step right over left, step left behind right, step right over left

ROCK STEP, ½ TURN LEFT, ROCK STEP, ¾ TURN RIGHT

1-2 Rock forward on left, recover weight to right
3&4 While stepping left-right-left in place, make ½ turn to left
5-6 Rock forward on right, recover weight to left
7&8 While stepping right-left-right in place, make ¾ turn to right

REPEAT
