

Feel So Good Cha Cha (P)

COPPERKNOB
BY STEPHEN BRETZ

拍數: 40 牆數: 4 級數: Improver partner dance
編舞者: Bev Costantino (AUS) & Philip Osmond (AUS)
音樂: Day Off - Ronnie McDowell



Position: Begin in Sweetheart position, holding left hands extended out to the left and right hands extended out to the right. Footwork for the initial portion of the dance is identical for man and lady. Counts 23 to end are different footwork.

1-2 Step forward left, rock back on right
3&4 Left-right-left on spot
5-6 Step back right, rock forward on left
7&8 Right-left-right on spot
9-10 Step forward on left with $\frac{1}{4}$ turn to right (facing 3 o'clock), rock back on right
11&12 Left-right-left on spot
13-16 Cross right over left, step left to side, cross right behind left, step left to side
17-19 Cross right over left, point left toe to side, hold
&20 Jump/swing left together, forward right turning $\frac{1}{4}$ turn right (facing 6 o'clock)
21&22 Shuffle forward left-right-left

MAN'S STEPS

23&24 Release right hand and shuffle forward right-left-right
25& Left step forward to 45 degrees left, $\frac{1}{2}$ turn left
26 Right foot step to side (facing 12 o'clock), right hand around lady's waist (basic waltz position)

27-30 Rock back left, rock forward on right, step forward on left, rock back on right
31&32 Left-right-left on spot

33-34 Back right, rock forward on left
35&36 Right-left-right on spot

37 (Release right hand) step forward left while turning $\frac{1}{4}$ right (facing 3 o'clock)
38 Rock back on right, turning $\frac{1}{2}$ left
39 (Release both hands) step forward left
40 Step right together (facing 9 o'clock. Resume Sweetheart position)

LADY'S STEPS

23&24 (Release right hand and turn under man's right hand) turn $\frac{1}{2}$ left while stepping right-left-right
25&26 Turn $\frac{1}{2}$ left while stepping left-right-left (lady is now in front of man, facing 6 o'clock. Assume basic waltz position)

27-30 Rock forward right, rock back left, rock back right, rock forward left
31&32 Right-left-right on spot

33-34 Rock forward left, rock back right
35&36 Left-right-left on spot

37-38 (Releasing left hand) rock forward right while turning $\frac{1}{4}$ left, rock back left
39&40 (Releasing both hands) turn 1 full turn right while stepping right-left-right (Resume Sweetheart position)

REPEAT
