

Feelin' Alright

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數:
編舞者: Rick Bates (USA)
音樂: Man! I Feel Like a Woman! - Shania Twain



ROCK STEP, CROSS, UNWIND

- 1-2 Step and rock to the right on right foot; rock to the left onto left foot
3-4 Cross right foot over left and step; unwind ½ turn to the left on balls of both feet, transfer weight to right foot
5-6 Step and rock to the left on left foot; rock to the right onto right foot
7-8 Cross left foot over right and step; unwind ½ turn to the right on balls of both feet, transfer weight to left foot

WALK, WALK, ROCK STEP

- 9-10 Step forward on right foot; step forward on left foot
11-12 Step back and rock onto right foot; rock forward onto left foot
13-14 Step forward on right foot; step forward on left foot
15-16 Step back and rock onto right foot; rock forward onto left foot

TURNING JAZZ SQUARE, STEP, CROSS, ROCK STEP

- 17-18 Cross right foot over left and step; step back on left foot
19-20 Step ¼ turn to the right (to the right) on right foot; scuff left foot next to right
21-22 Step to the left on left foot; cross right foot behind left and step
23-24 Step and rock to the left on left foot; rock to the right onto right foot

CROSS STEP, ROCK STEP, 1 ¼ ROLLING VINE LEFT

- 25-26 Cross left foot over right and step; step to the right on right foot
27-28 Step and rock behind right onto left foot; rock forward onto right foot
29-30 Step to the left on left foot and begin a 1 ¼ to the left traveling turn; step on right foot and continue 1 ¼ to the left traveling turn
31-32 Step on left foot and complete 1 ¼ to the left traveling turn scuff right foot next to left

JAZZ SQUARE, TOE, TOE, HOOK, PIVOT

- 33-34 Cross right foot over left and step; step back on left foot
35-36 Step to the right on right foot; step left foot next to right
37-38 Tap right toes forward; tap right toes to the right
39-40 Hook toes of right foot behind and to the left of left ankle, pull right toes to the right as you pivot ¼ turn to the left on ball of left foot

STEP - SLIDE, CROSS, UNWIND, LUNGE LEFT

- 41-42 Bend knees slightly and step to the right on right foot while wiggling hips, continue wiggling hips as you drag left foot next to right
43-44 Cross left foot over right; unwind ¾ turn to the right on balls of both feet, transfer weight to right foot
45-46 Take a long step to the left on left foot; begin to slowly drag right foot towards left
47-48 Continue dragging right foot towards left; touch right foot next to left

REPEAT