

Feelin' Good

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: The Way You Make Me Feel - Michael Jackson



ROCK RETURN, SHUFFLE BACK, ROCK RETURN, SHUFFLE FORWARD

1-2-3&4 Rock/step forward on right, rock back on left, shuffle back right, left, right
56-7&8 Rock/step back on left, rock forward on right, shuffle forward left, right, left

RIGHT KICK BALL CHANGE, RIGHT KICK BALL CHANGE, 4 COUNT ROCKING CHAIR

9&10 Kick right leg forward, step down on right, change weight to left (kick ball change)
11&12 Kick right leg forward, step down on right, change weight to left (kick ball change)
13-16 Rock/step forward on right, rock back on left, rock/step back on right, rock forward on left

STEP PIVOT ¼, STEP PIVOT ¼, STEP ACROSS TOUCH, STEP ACROSS TOUCH

17-18 Step forward on right, pivot ¼ left transferring weight to left
19-20 Step forward on right, pivot ¼ left transferring weight to left
21-22 Step right across left, touch left toe to left side
23-24 Step left across right, touch right toe to right side

ROCK RETURN, COASTER STEP, ROCK RETURN, COASTER STEP

25-26 Rock/step forward on right, rock back on left
27&28 Step back on right, step left beside right, step forward on right (coaster step)
29-30 Rock/step forward on left, rock back on right
31&32 Step back on left, step right beside left, step forward on left (coaster step)

REPEAT

To make this an intermediate level dance please add the following:

HEEL & HEEL & ¼ TURN LEFT, HEEL & HEEL & ¼ TURN LEFT

33&34& Tap right heel forward, step right beside left, tap left heel forward, step left beside right
35-36 Step right heel forward, pivot ¼ left transferring weight to left
37&38&39-40 Repeat steps 33-36

RIGHT HEEL JACK & LEFT HEEL JACK & ROCK RETURN, TOUCH UNWIND ¼ RIGHT

41&42& Step right across left, step left beside right, tap right heel to right diagonal, step right beside left
43&44& Step left across right, step right beside left, tap left heel to left diagonal, step left beside right
45-48 Rock/step forward on right, rock back on left, touch right toe straight back, unwind ¼ right

CROSS/ROCK RETURN, ¼ SHUFFLE, FULL TURN LEFT, SHUFFLE FORWARD

49-50-51&52 Cross/rock left over right, rock/return weight to right, making ¼ left shuffle forward left, right, left
53-54-55&56 Making full turn left step right, left, shuffle forward right, left, right

ROCK RETURN, & TAP HEEL & TAP HEEL & STEP BUMP HEEL TWICE & STEP FORWARD

57-58 Rock/step forward on left, rock back on right
&59&60 Step back on left, tap right heel forward, step right beside left, tap left heel forward
&61-62-63 Step left beside right, step right slightly forward keeping weight on left, bump right heel x
&64 Step right beside left, step forward on left