

# Lucky #13

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Michael G. McKenzie  
音樂: It's All About Feeling Good - Paula Abdul : (Album: Head Over Heels)



**INTRO: You will hear 8 beats then 32-counts of music, start on vocals**

**Walk forward R,L; R touch; Step R with L knee pop (? Diagonal) ; Slide L backward on diagonal, bending R knee, optional arm movements; 1/2 turn L on diagonal; R touch; R kick forward**

1,2      Walk forward R, L  
3      Touch R next to L  
      Step R next to L, popping L knee toward L diagonal  
5      Slide L backward on diagonal while bending R knee. Bring R forearm with clinched fist in front of chest and parallel to floor  
EASY:      Touch L toe behind R without bending knee. Optional: arm movement.  
6      On ball of L make ½ turn L (on diagonal), transferring weight to L and straightening bent knee.  
7,8      Tap R next to L; Low R kick forward

**STEP ON R; 1/2 R TURN ON DIAGOAN WITH LOW L HITCH; L TOE STRUT; TAP R NEXT TO L; LARGE STEP R; DRAG AND STEP L BEHIND R; HOLD**

1      Step on R  
2      On ball of R make ½ turn R (on diagonal) with low L hitch  
3,4      L toe strut  
&5      Tap R next to L; take large step R squaring up to 9 o'clock wall  
6      Drag L behind R, stepping on L  
7,8      Cross R over L; HOLD

**STEP TO L; CROSS R OVER L; HOLD (CLAP); L TOE STRUT WITH 1/4 TURN; R TOE STRUT; L TOE STRUT WITH 1/2 TURN L**

&1,2      Step slightly to L; cross R over L; Clap (HOLD)  
3,4      L toe strut, making ¼ turn L  
5,6      R toe strut forward  
7,8      L toe strut, making ½ turn L  
VARIATION:      Replace toe struts with hip bumps whenever you feel like it.

**R FORWARD ON DIAGONAL; TOUCH L BEHIND R; R BESIDE L; L FORWARD ON DIAGONAL; TOUCH R; R - L HEEL SWITCHES; STEP L; R TOUCH; R KNEEL ROLL WITH 1/4 TURN**

1,2      Step forward on R diagonal; Touch L behind R  
&3,4      Step R next to L; Step forward on L diagonal; Touch R next to L  
5&6      Touch R heel forward; Step R next to L; Touch L heel forward  
&7      Step L next to R; Touch R next to L  
8      Roll R knee outward, making ¼ turn R

NOTE:      KEEP WEIGHT ON L AND START AGAIN.

**END OF DANCE**

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