

# Still Feels Good

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Mark Simpkin (AUS) & Peter Fry (AUS) - April 2008  
音樂: Still Feels Good - Rascal Flats



## Side, Behind, Ball Cross Shuffle, $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{1}{2}$ , Pivot $\frac{1}{2}$

1-2      Step R to R side, step L behind R,  
&3&4      Step R to R side, cross L over R, step R to R side, cross L over R  
5-6       $\frac{1}{4}$  turn R stepping forward on R,  $\frac{1}{2}$  turn R stepping back on L  
7&8       $\frac{1}{2}$  turn R stepping forward on R, step forward on L,  $\frac{1}{2}$  turn R putting weight on R (Quick Pivot)

## Step Hold, Sailor Step, Sailor Step, Shuffle Forward

1-2      Step L to L side, hold  
3&4      Step R behind L, step L to L side, step R to R side,  
5&6      Step L behind R, step R to R side, step forward on L,  
7&8      Step forward on R, step L together, step forward on R

## Pivot $\frac{1}{2}$ Turn, $\frac{1}{2}$ Turn Shuffle Back, Touch $\frac{1}{2}$ Turn, Kick Ball Step

1-2      Step forward on L,  $\frac{1}{2}$  turn R putting weight on R  
3&4       $\frac{1}{2}$  turn R stepping back on L, step together on R, step back on L,  
5-6      Touch R toe back,  $\frac{1}{2}$  turn R putting weight on R  
7&8      Kick L forward, step L together, step R foot forward

## Rock Forward/Replace, $\frac{1}{4}$ Turn Step Hold & Step, Touch $\frac{1}{2}$ Unwind, Cross

1-2      Rock forward on L, replace weight on R  
3-4       $\frac{1}{4}$  turn L stepping L to L side, hold  
&      Step together on R,  
5-6      Step L to L side, touch R behind L  
7-8       $\frac{1}{2}$  turn R putting weight on R (Unwind), cross L over R

## Side Rock/Replace, Cross Shuffle & $\frac{3}{4}$ Unwind, Rock Forward/Replace

1-2      Rock R to R side, replace weight on L  
3&4      Cross R over L, step L to L side, cross R over L  
&5-6      Step L to L side, touch R behind L,  $\frac{3}{4}$  turn R putting weight on R  
7-8      Rock forward on L, replace weight on R

## (&) Touch, Twist, Twist, Push Back, $\frac{1}{2}$ , $\frac{1}{2}$ , $\frac{1}{4}$ Side Shuffle

&1-2      Step L beside R, touch R toe back, twist  $\frac{1}{4}$  turn R ending with weight on R  
3-4      Twist  $\frac{1}{4}$  turn L ending with weight on L, push back on R with knees slightly bent  
5-6       $\frac{1}{2}$  turn L stepping forward on L,  $\frac{1}{2}$  turn L stepping back on R,  
7&8       $\frac{1}{4}$  turn L stepping L to L side, step R together, step L to L side

## Cross Rock/Replace, Side Shuffle, Cross Rock/Replace, $\frac{1}{4}$ , $\frac{1}{4}$ Rock/Replace

1-2      Cross R over L, replace weight on L  
3&4      Step R to R side, step L together, step R to R side  
5-6      Cross L over R, replace weight on R,  
7&8      Turn  $\frac{1}{4}$  L stepping L fwd, Turning  $\frac{1}{4}$  L step R to R side, replace weight on L

## Cross Samba, Cross Samba, Cross Hold, Ball Cross, Step Side

1&2      Cross R over L, step L to L side, replace weight on R  
3&4      Cross L over R, step R to R side, replace weight on L

5-6 Cross R over L, hold

&7-8 Step L to L side, cross R over L, step L to L side

**Choreographers Note: When playing the 3.56 minute version, the music fades out at about 2 and a half minutes**

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