

Feel Good Cha

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate - Latin Cha
編舞者: Jennifer Choo Sue Chin (MY) - March 2012
音樂: I Feel Good - Mirko Casadei : (Album: The Ultimate Latin Album 10)



Intro: Song will start with a scream and "I Feel Good!" Start on the vocal "Good".

Set 1: Side, Rocking Chair, Back, ¼R, Fwd Shuffle

1-2&3& Step LF to L, Cross rock RF over LF, Recover on LF, RF back rock to diag R, recover on LF (10:30)
4&5 Cross rock RF over LF, Recover on LF, RF take a big step back to diag R (10:30)
6-7 Step LF behind RF, execute slightly more than ¼R shifting weight stepping RF next to LF (3:00)
8&1 Step LF fwd, Lock RF behind LF, Step LF fwd

Set 2: Right heel swivels, Both heels swivels, ½L, back rock, L chasse

2&3& Touch R toe in front of LF and swivel R heel out, Swivel right heel in, Swivel R heel out, Swivel right heel in
4&5 Swivel both heels to right, swivel both heels left, swivel both heels to right into a ½L weight on RF (9:00)
6-7 LF back rock, recover on RF
8&1 Step LF to L, Step RF next to L, Step LF to L

Set 3: Long lock steps, rock recover, ¼L Sailor

2&3& Step RF fwd, Lock LF behind RF, Step RF fwd, Lock LF behind RF
4&5 Step RF fwd, Lock LF behind RF, Step RF fwd
6-7 Rock LF fwd, Recover on RF
8&1 Step LF behind RF, ¼L stepping RF next to LF, Step LF to L (6:00)

Set 4: Weave to L, L Mambo touch, Step

2&3& Cross RF in front of LF, Step LF next to RF, Step RF behind LF, Step LF next to RF
4&5 Cross RF in front of LF, Step LF next to RF, Step RF behind LF (Keep steps small to get hip twisting motion from counts 2-5)
6&7-8 Rock LF to L, Recover on RF, Touch LF next to RF, Step LF fwd (6:00)** Restart Wall 7 – see below

Set 5: ½R Pivot Sit, Right Hip Bumps, ½L Pivot Sit, Left Hip Bumps + Sweep, L coaster

1-3 Sharp ½R sit on L hip and touch R toe in front of LF, Bump R Hip fwd 2x (12:00)
4-5 Step down on RF, Sharp ½L sit on R hip and touch L toe fwd (6:00)
6-7 Bump L Hip fwd, Bump L Hip fwd & Sweep LF from front to back
8&1 Step LF back, Step RF next to LF, Step LF fwd

Set 6: ¼L Hip Roll, ¼L Hip Roll, ¼L Side, Back Rock Recover

2-3 Step RF to R rolling butt anticlockwise into a ¼L, Complete ¼L cross LF in front of RF (3:00)
4-5 Step RF to R rolling butt anticlockwise into a ¼L, Complete ¼L cross LF in front of RF (12:00)
6 Step RF to R making a ¼L (9:00)

Simpler version: just walk ¾L from counts 2-6 in a circular shape, stepping RF to R on count 6

7-8 Rock LF back, Recover on RF (shimmy shoulders on walls 2 & 4 to hit the beats)

Start again and Have FUN!

Feel Good TAG (After Wall 6, you'll face 6:00) – danced to the chorus "So Good"

& Step LF fwd (12:00)

Then do Set 5 & 6. Do this 16-count tag twice. You'll finish the tag facing the front wall.

****Restart & Change of steps**

For walls 7 and 8, replace count 8-1 of Set 4 ($\frac{1}{2}$ R Pivot sit) with L chasse for count 8&1.
Restart the dance after wall 7. Dance ends after Wall 8.

8&1 Step LF to L, Step RF next to LF, Step LF to L

Phrase: 48, 48, 48, 48, 48, 48, Tag (&16 + &16), 32**, 32**.

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