

# How I Feel

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Kerry Maus (USA) - February 2014  
音樂: How I Feel - Flo Rida



## [4 count Intro]

### Jazz box, step slide, rock recover

1, 2      Cross R over L, Step L foot back  
3, 4      Step R foot to R side, touch L foot beside R  
5, 6      Take a large step to the L side with L foot, Slide R foot beside L  
7, 8      Rock back on R foot, recover weight to L

### Weave right, ½ turn brush, L side gallop, touch

1, 2      Step R foot to R side, cross L behind R  
3, 4      Step R foot to R side turning ¼, Brush L while making a ¼ turn to the R  
5, 6      (Left side gallop) Step L foot to L side, Hold,  
&7, 8      Quickly step R beside L, step L side L, touch R beside L

### Kick ball cross, step, lock, walk, walk, step touch

1&2      (With feet angled 45° to the R), Kick R foot, step on R ball of foot, cross L over R  
3, 4      Step R to R side, Lock L behind R  
5, 6      Step R to R side, Cross L over R  
7, 8      Step R to R side, Touch L beside R

### Full Turn – ¼ Lock, ¼ Lock, ¼ Lock, ¼, touch

1, 2      Make ¼ turn to L stepping forward on L, lock R behind L  
3, 4      Make ¼ turn to L stepping forward on L, lock R behind L  
5, 6      Make ¼ turn to L stepping forward on L, lock R behind L  
7, 8      Make ¼ turn to L stepping forward on L, touch R beside L (end facing 9:00)

## [Repeat from the top]

Contact: [kerry@k-jodesigns.com](mailto:kerry@k-jodesigns.com)

---