

# I Got The Feels

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Rissa Miura (INA) & Sandra Lumbanraja (INA) - April 2022

Musik: The Feels - TWICE



Intro dance : 16 counts

## S1. WALK (R-L) - SIDE TOUCH WITH HIP BUMP (R-L-R-L) - KICK BALL TOUCH BEHIND

- 1-2 Step R forward, step L forward  
3-6 Touch R to R side with hip bump R-L-R-L (weight on L with styling bend L knee)  
7&8 Kick R forward, ball R close beside L, touch L back

## S2. FORWARD TOUCH - BACK TOUCH - ½ TURN L - ¼ TURN R - L BALL CLOSE - CROSS - HOLD - SIDE - CROSS - SIDE TOUCH

- 1-2 Touch L forward, touch L back (weight on R)  
3-4 ½ turn L step L in place (06:00), ¼ turn right with R in place (09:00)  
&5-6 Step ball of L close beside R, cross R over L, hold  
&7-8 Step L to left side, cross R over L, touch L to left side

## S3. CLOSE AND SIDE TOUCH SWITCHES RLR - HITCH - TOUCH - SAILOR ¼ R - SCUFF - SIDE STEP

- &1&2 Close L beside R, touch R to right side, close R beside L, touch L to left side  
&3&4 Close L beside R, touch R to right side, hitch R, touch R to right side  
5&6 ¼ turn right cross R behind L (12:00), step L to left side, step R in place  
7-8 Scuff L, step L to side

## S4. HITCH SWITCHES (R-L-R-R) - COASTER STEP - TRIPLE STEP ½ TURN R

- 1&2& Hitch R knee to R diagonal, R drop in place, hitch L knee to L diagonal, L drop in place  
3&4 Hitch R knee to R diagonal, R drop in place, hitch R knee to R diagonal  
5&6 Step R backward, step L beside R, step R forward  
7&8 Step L forward, turn ½ right step R in place (06:00), step L beside R

Restart here at Wall 2

## S5. SKATE (R-L) - DIAGONAL RIGHT FORWARD SHUFFLE- WALK WITH ½ TURN L - SIDE TOUCH

- 1-2 Skate R diagonal forward to right, skate L diagonal forward to left  
3&4 Step R diagonal forward to right, step L beside R, step R diagonal forward to right  
5-6 ¼ turn left step L forward (03:00), ⅛ turn left step R forward (01:30)  
7-8 ⅛ turn left step L forward (12:00), touch R to right side

## S6. OUT - OUT - ANCHOR STEP - FULL TURN L - ¼ L SAILOR FORWARD

- 1-2 Step R to diagonal forward right, step L to diagonal forward left  
3&4 Step R back, recover on L, recover on R  
5-6 ½ turn left step L forward (06:00), ½ turn left step R back (12:00)  
7&8 ¼ turn left step L behind R (09:00), step R to right side, step L forward

\*restart here on wall 3 with step change:

- 7-8 ½ turn left step L forward (06:00), close R together L. Next wall will be facing 06:00

## S7. OUT - OUT - CHASSE R - BACK ROCK - FORWARD SHUFFLE

- 1-2 Step R to diagonal forward right, step L to diagonal forward left  
3&4 Step R to right side, step L beside R, step R to right side  
5-6 Step L back, recover on R  
7&8 Step L forward, step R beside L, step L forward

## S8. SIDE - TOGETHER - SIDE - HITCH - CROSS - ¼ TURN R - BACK - ¼ TURN R - SIDE - ¼ TURN R

## **SIDE MAMBO**

1-2 Step R to right side, close L together R  
3&4 Step R to right side, hitch on R, cross R over L  
5-6 ¼ turn right L back (12:00), ¼ turn right step R to right side (03:00)  
7&8 ¼ turn right step L to side (06:00), step R in place, step L beside R

### **Tag : 4 counts (2x BodyWave)**

1-4 Step R forward, head forward, chest, stomach, push hips, take weight on L

**Restart: on wall 2 after 32 counts, wall 3 after 48 counts with step change, wall 6 after 32 count + 4 counts tag**

Contact Us on :

[riezamiura89@gmail.com](mailto:riezamiura89@gmail.com)

[lumbanrajasandra@gmail.com](mailto:lumbanrajasandra@gmail.com)

Last Update 12 Apr 2022

---