

# Feelings

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Peter Horrocks (UK)

Musik: Man! I Feel Like a Woman! - Shania Twain



## HEEL HOOK ¼ TURN, SHUFFLE, ROCK STEP, COASTER CROSS

- 1-2 Touch right heel forward. Hook in front of left knee  
3&4 Turning ¼ right step forward right step left beside right, step forward right  
5-6 Rock forward on left rock back on right  
7&8 Step back left, step back right, cross left over right

## ROCK STEP, CROSS SHUFFLE. ROCK STEP. BALL CHANGE ¼ TURN

- 9-10 Rock to right on right, rock left on left  
11&12 Cross right over left, step left to left, cross right over left  
13-14 Rock to left on left, rock right on right  
15&16 Kick left forward, step left beside right step right ¼ turn right

## CROSS ROCK AND TRIPLE ½ TURN CROSS ROCK AND TRIPLE ¾ TURN

- 17-18 Cross rock left over right, rock back onto right.  
19&20 Triple step ½ turn left stepping left right left  
21-22 Cross rock right over left, rock back on left  
23&24 Triple step ¾ turn right stepping right left right.

## WALKS, KICK BALL BACK, STOMPS, HIP BUMPS

- 25-26 Walk forward left and right  
27&28 Kick left forward step left back step right back  
29-30 Stomp left forward, stomp right forward (clap)  
31&32 Bump hips right left right

## REPEAT

## OPTIONAL FINALE

Full turn and ¼ to the left and clap on counts 11-14.

---