

This Feeling

Count: 32

Wall: 2

Level: Improver

Choreographer: Joe Sexton (USA) - February 2018

Music: This Feeling - Abby Anderson



Start After 16 Counts – 2 Tags

[1-8] Step-Lock-Step (x2), Mambo Step, Back Step w/knee pop (x2)

- 1&2 Step Forward R. – Lock L. behind Right – Step R. Forward
3&4 Step Forward L. – Lock R. behind Left – Step L. Forward
5&6 Rock Fwd. on R. – Recover Back on L. – Step Back R. / popping L. knee up
7-8 Step Back L. / popping R. knee up– Step Back R. / popping L. knee up

Beginner Option – No knee pops

[9-16] Left Coaster Step, Right Scissor Step, Left Scissor Step, 1/2 Hinge Turn

- 1&2 Step Back L. – Step R. beside L. – Step Forward L.
3&4 Rock R. to Right Side – Recover on Left – Cross R. over Left
5&6 Rock L. to Left Side – Recover on Right – Cross L. Over Right
7-8 Step R. to Right Side making a 1/4 turn Left, Step Back L. making ¼ turn Left (6:00)

[17-24] R. Heel-L. Heel-R.-Touch, Hold, Lindy Right

- 1&2& Touch R. Heel Fwd. – Step R. beside L. – Touch L. Heel Fwd. – Step L. beside R.
3-4 Touch R. Toe beside L., Hold
5&6 Step R. to Right Side – Step L. beside R. – Step R. to Right Side
7-8 Cross Rock L. behind R., Recover on R.

[25-32] Lindy Left, R. Heel-L. Heel-R.-Touch

- 1&2 Step L. to Left Side – Step R. beside L. – Step L. to Left Side
3-4 Cross Rock R. behind L., Recover on L.
5&6& Touch R. Heel Fwd. – Step R. beside L. – Touch L. Heel Fwd. – Step L. beside R.
7-8 Touch R. Toe beside L., Scuff Right Heel Forward

START AGAIN and HAVE FUN!!!

TAG: Shuffle Forward, Step, ½ Pivot Turn, Shuffle Forward, Full Spin to Left

- 1&2 Shuffle Forward Right – Left – Right
3-4 Step Forward on L., Pivot ½ turn stepping Forward on R. (12:00)
5&6 Shuffle Forward Left – Right – Left
7-8 Step Forward R. spinning ½ turn to Left, Step Back L. spinning ½ turn to left (12:00)

Beginner Option – Two steps forward (Right, Left) without the spin.

Tag after Wall 2 & 4. You will be facing the opposite direction at the end of the Tag as when you started

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