

How I Feel

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Theresa Needham (UK)

Music: How I Feel - Martina McBride



CROSS TOE TOUCHES, TOUCH BALL CROSS, ROCK RECOVER COASTER STEP

- 1& Touch right toe forward across left, step right beside left
- 2& Touch left toe forward across right, step left beside right
- 3&4 Touch right beside left, step right beside left, cross left over right
- 5-6 Rock forward on right, recover onto left
- 7&8 Step back on right, step left beside right, step forward on right

CROSS TOE TOUCHES, TOUCH BALL CROSS, ROCK RECOVER SHUFFLE ½ LEFT

- 1& Touch left toe forward across right, step left beside right
- 2& Touch right toe forward across left, step right beside left
- 3&4 Touch left beside right, step left beside right, cross right over left
- 5-6 Rock forward on left, recover onto right
- 7&8 Triple step in place turning ½ left stepping left, right, left

CROSS SIDE SAILOR STEP, CROSS SIDE BACK COASTER STEP

- 1-2 Cross right over left, step left to left side
- 3&4 Step right behind left, step left to left side, step right to right side
- 5-6 Cross left over right, step right to right side
- 7&8 Step back on left, step right beside left, step forward on left

ROCK RECOVER, TRIPLE FULL TURN RIGHT, ROCK RECOVER, SAILOR ¼ LEFT

- 1-2 Rock forward on right, recover onto left
- 3&4 Triple step in place turning a full turn left stepping right, left, right
- Option: coaster step**
- 5-6 Rock forward onto left, recover onto right
- 7&8 Turn ¼ left and step left behind right, step right to right side, step left to left side

FORWARD SHUFFLE, STEP ½ RIGHT, FORWARD SHUFFLE, FULL TURN LEFT

- 1&2 Shuffle forward stepping right, left, right
- 3-4 Step forward on left, turn ½ turn right (weight to right)
- 5&6 Shuffle forward left, right, left
- 7-8 Turn ½ left and step left foot back, turn ½ left and step right foot forward

Option: walk, walk

CHASSE RIGHT, BACK ROCK RECOVER, CHASSE LEFT, BACK ROCK RECOVER

- 1&2 Step right to right side, step left beside right, step right to right side
- 3-4 Rock back on left, recover onto right
- 5&6 Step left to left side, step right beside left, step left to left side
- 7-8 Rock back on right, recover onto left

REPEAT