

Feel The Beat

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Chris Watson (AUS) - March 2017
音乐: Feel the Beat - Ashleigh Dallas : (Album: Lighthouse - iTunes)



Start on vocals, weight on left.

STOMP, HEEL BOUNCE X 3, ROCKING CHAIR

1,2,3,4 Stomp R foot forward , bounce heels 3 times taking weight onto R
5,6,7,8 Rock forward onto L, rock weight back to center, Rock/step back onto L and rock weight to R

WALK L,R,L, KICK R, DIAGONAL STEPS BACK

1,2,3,4 Walk forward L,R,L and kick R foot forward, while clapping hands
5,6,7,8 Step R foot back to R diagonal, touch L together and clap, Step L foot back to L diagonal , touch R together with L and clap hands.

VINE RIGHT, VINE LEFT ¼ TURN SCUFF

1,2,3,4 Step R to R side, step L behind R, step R to R side and touch L together.
5,6,7,8 Step L to L side , Step R behind L, ¼ turn L stepping forward onto L and scuff right forward (9 O'Clock)

ROCKING CHAIR, 2 ½ PIVOTS

1,2,3,4 Rock forward onto R foot, replace weight onto L, rock / step back onto R and forward onto L
5,6,7,8 Step R foot forward pivot ½ turn over L shoulder take weight onto R , repeat.

[32] COUNTS – RESTART DANCE

Tag: At the end of wall 10 Ofacing 6 O'Clock Wall

Repeat the last 8 counts then restart the dance

1,2,3,4 Rock forward onto R foot, replace weight onto L, rock / step back onto R and forward onto L
5,6,7,8 Step R foot forward pivot ½ turn over L shoulder take weight onto R , repeat.

Ending: at the end of the dance add an extra ½ pivot to bring you to the front.

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