

Feel It Still

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Carlton Thompson (USA) - August 2017
音乐: Feel It Still - Portugal. The Man : (Album: Woodstock)



Section 1:

1&2 Kick R ft. forward, Step R ft. next to left, Point and bounce L ft. to left side.
3&4 Kick L ft. forward, Step L ft. next to right, Point and bounce R ft. to right side.
5&6 Kick R ft. forward, Step R ft. next to left, Point and bounce L ft. to left side.
7&8 Kick L ft. forward, Step L ft. next to right, Point and bounce R ft. to right side.

Section 2:

1-2 Rock R ft. forward, Recover L ft. back.
3-4 Step Ball-Step R ft. back, hop.
5-6 Step R ft. forward, Step-Lock L ft. behind right.
7&8 (Keeping steps at shoulder width apart) Step R ft. forward, Step L ft. forward, Step R ft. forward

Section 3:

1-2 Step L ft. forward, Cross-Toe Touch R ft. behind left.
3-4 Step R ft. back, Toe-Touch L ft. next to right.
5-6 Step L ft. back, Toe-Touch R ft. next to left.
7-8 Step R ft. forward, Toe-Touch L ft. next to right.

Section 4:

1-2 Step L ft. to left side, Cross R ft. behind left.
3-4 Step L ft. to left side, Make $\frac{1}{4}$ turn left by brushing R ft. up.
5-6 Pivot $\frac{1}{2}$ turn left leading with R ft., Step L ft. forward.
7-8 Make $\frac{1}{2}$ turn left by step pivoting on R ft., Make $\frac{1}{2}$ turn left by step pivoting on L ft.

Optional Styling:

Wall 5, Section 1: You can pause here and do a free-style move of your choice. Then continue on with Section 2.

Wall 10, Section 1-4: You can slow down the tempo of your steps and do your own free style move here. Once you complete all 32 counts, you will face (12:00) to start Wall 11.

If at all the kick steps (on section 1) become too much, you can always replace the kick steps with a "cross-point step".

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