

Feelings

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Conny Gasberg (DK) - October 2017
音乐: Listen to Your Senses - Alan Jackson



Intro : 4 x 8 counts

Sektion 1: Toe struts Jazz box

1 - 2 Cross right toe over left, drop right heel taking weight
3 - 4 Step left toe backwards, drop left heel taking weight
5 - 6 Step right toe to right side, drop right heel taking weight
7 - 8 Step left toe forward, drop left heel taking weight

Sektion 2: Lockstep right, hold , right 1/4 cross, hold

1 - 2 Step right forward, lock left behind right
3 - 4 Step right forward , hold
5 - 6 Step left forward, 1/4 turn right
7 - 8 Cross left over right, hold

Sektion 3: Side rock right together hold, side rock left together, hold

1 - 2 Rock right to right side, recover on left
3 - 4 Step right next to left, hold
5 - 6 Rock left to left side, recover on right
7 - 8 Step left next to right, hold

Sektion 4: Shuffle 1/4 turn right, hold, step 1/4 turn left cross, hold

1 - 2 Step right 1/4 turn right, step left next to right
3 - 4 Step right forward, hold
5 - 6 Step left forward, turn 1/4 right
7 - 8 Cross left over right, hold

Sektion 5: Side rock cross, side rock 1/4 turn step

1 - 2 Rock right to right side, recover on left
3 - 4 Cross right over left, hold
5 - 6 Rock left to left side, recover on right turning 1/4 right
7 - 8 Step left forward, hold

Sektion 6: Right forward rock, recover, right back step, left back rock, recover, left step forward

1 - 2 Rock forward on right ,recover on left
3 - 4 Rock back on right, hold
5 - 6 Rock back on left, recover on right
7 - 8 Step left forward, hold

Sektion 7: Right lockstep, left lockstep

1 - 2 Step right forward, lock left behind right
3 - 4 Step right forward, hold
5 - 6 Step left forward, lock right behind left
7 - 8 Step left forward, hold

Sektion 8: Step 1/2 turn left, touch, side rock touch, hold

1 - 2 Step forward on right , 1/2 turn left
3 - 4 Tugh right to left, hold

5 – 6 Rock right to right side recover on left
7 – 8 Tuch right to left, hold

Contact: connygasberg@gmail.com
