

Feeling It

拍数: 32 墙数: 2 级数: Improver
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音乐: Feel It Still - Portugal. The Man



Feeling It

[1-8]: TOE, HEEL, ROCKING CHAIR, WALK, WALK, KICK, KICK

- 1-4 Step right toe to the right (1), drop right heel (2), rock left foot behind right (3), recover weight on to right foot (4)
5-8 Facing 11 o'clock, walk left (5), right (6), kick left foot forward two times (7 & 8)

[1-8]: SLOW COASTER STEP, PAUSE, SLOW PIVOT HALF TURN (by slow, I mean hold for full counts, no "&" counts)

- 1-4 Step left foot slightly back (1), step right foot in place (2), step left foot forward (3), hold in place (4)
5-8 Step forward on right (5), hold (6), pivot half turn over left shoulder (7), hold (8).

[1-8]: SWIVEL RIGHT, SWIVEL LEFT

- 1-4 Step right foot slightly forward and twist heels left (1), swivel heels right (2), swivel heels left (3), swivel heels right (4)
5-8 Step left foot forward and swivel heels left (5), swivel heels right (6), swivel heels left (7), swivel heels right (8)

Weight during the swivels is centered, but when done with the last set of swivels, transfer more weight onto the left foot

[1-8]: STEP BACK ON RIGHT, BACK ON LEFT, HEEL TAPS, TOE TOUCH, SLAP HEEL

- 1-4 Step back on right and move right arm up in front and over head to back (1 - 2), step back on left foot, moving left arm up in front and over head to back (3-4)
5-8 kick right heel in front two times (5-6), step right toe out to right side (7), kick right foot behind left leg and slap with left hand (8).

REPEAT

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