

# This Feeling

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 2                      级数: Improver  
编舞者: Joe Sexton (USA) - February 2018  
音乐: This Feeling - Abby Anderson



## Start After 16 Counts – 2 Tags

### [1-8] Step-Lock-Step (x2), Mambo Step, Back Step w/knee pop (x2)

1&2                      Step Forward R. – Lock L. behind Right – Step R. Forward  
3&4                      Step Forward L. – Lock R. behind Left – Step L. Forward  
5&6                      Rock Fwd. on R. – Recover Back on L. – Step Back R. / popping L. knee up  
7-8                      Step Back L. / popping R. knee up– Step Back R. / popping L. knee up

### Beginner Option – No knee pops

### [9-16] Left Coaster Step, Right Scissor Step, Left Scissor Step, 1/2 Hinge Turn

1&2                      Step Back L. – Step R. beside L. – Step Forward L.  
3&4                      Rock R. to Right Side – Recover on Left – Cross R. over Left  
5&6                      Rock L. to Left Side – Recover on Right – Cross L. Over Right  
7-8                      Step R. to Right Side making a 1/4 turn Left, Step Back L. making ¼ turn Left (6:00)

### [17-24] R. Heel-L. Heel-R.-Touch, Hold, Lindy Right

1&2&                      Touch R. Heel Fwd. – Step R. beside L. – Touch L. Heel Fwd. – Step L. beside R.  
3-4                      Touch R. Toe beside L., Hold  
5&6                      Step R. to Right Side – Step L. beside R. – Step R. to Right Side  
7-8                      Cross Rock L. behind R., Recover on R.

### [25-32] Lindy Left, R. Heel-L. Heel-R.-Touch

1&2                      Step L. to Left Side – Step R. beside L. – Step L. to Left Side  
3-4                      Cross Rock R. behind L., Recover on L.  
5&6&                      Touch R. Heel Fwd. – Step R. beside L. – Touch L. Heel Fwd. – Step L. beside R.  
7-8                      Touch R. Toe beside L., Scuff Right Heel Forward

## START AGAIN and HAVE FUN!!!

### TAG: Shuffle Forward, Step, ½ Pivot Turn, Shuffle Forward, Full Spin to Left

1&2                      Shuffle Forward Right – Left – Right  
3-4                      Step Forward on L., Pivot ½ turn stepping Forward on R. (12:00)  
5&6                      Shuffle Forward Left – Right – Left  
7-8                      Step Forward R. spinning ½ turn to Left, Step Back L. spinning ½ turn to left (12:00)

### Beginner Option – Two steps forward (Right, Left) without the spin.

Tag after Wall 2 & 4. You will be facing the opposite direction at the end of the Tag as when you started

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