

Feel It

拍数: 32 墙数: 4 级数: Beginner
编舞者: Linda Scott (USA) - February 2018
音乐: (Pop) Feel it by Mr Talk Box



(Country) I Got This by Jerrod Niemann

#16 count intro No Tags No Restarts

[1-8] Touch Heel forward and back, triple forward, step ¼ turn, Cross Shuffle

1-2 Touch R toe forward, touch R toe back
3&4 Shuffle forward RLR
5-6 Step L forward pivot ¼ to right, Weight on R (3:00)
7&8 Cross left over right, recover on R, forward on L

[9-16] Forward Hip Sway, Backward Hip Sway, Step Point, Step Point

1-2 Stepping forward on Right diagonally sway hips forward (1:00), recover on Left
3-4 Step Back diagonally (5:00) on R sway hips, Recover on L.
5-6-7-8 Cross Right over left, point Left, Cross L over Right, Point Right

[17-24] ¼ Jazz to Right, ¼ Jazz to Right

1-2 Cross Right over Left, Step back on left,
3-4 ¼ Turn to Right, stepping forward on Right, place Left next to right (6:00)
5-6 Cross Right over Left, Step back on left
7-8 Step R forward pivot ¼ to left, shift weight to L (9:00)

[25-32] Rock forward R, Recover, Coaster Step, Step 1/2, Left forward shuffle

1-2 Rock forward on Right, Recover on left
3&4 Step back on right, step back on Left, step forward on Right
5-6 Step forward Left, ½ turn to right (weight on Right) (3:00)
7-8 Shuffle forward Left, Right, Left

Repeat - No Tags – No Restarts

Alternate ending makes this an Improver dance – Replace last 8 counts with the following steps

[25-32] Rock forward R, Recover, Coaster Step, Step 1/2, Left forward shuffle

1-2 Rock forward on Right, Recover on left
3&4 Step back on right, step back on Left, step forward on Right
5-6 Rock forward on Left, Recover on Right
7-8 ½ turning Shuffle to left Left, Right, Left (3:00)