

Feel Like This

拍数: 64 墙数: 4 级数: Improver
编舞者: Willie Brown (SCO) - September 2018
音乐: Rest of My Life - Rod Stewart



Intro; On vocals / 40 counts (approx 16 seconds)

Note; Please look at the Absolute Beginner level dance 'Rest Of My Life' written to this same track by Claire Bell. Many thanks to Claire for her co-operation and support when writing our respective dances – there's room on the floor for all of us x

SECTION 1 – SIDE TOE STRUT, CROSS TOE STRUT, SIDE TOE STRUT, BACK ROCK, RECOVER

Traveling to Right side...

- 1,2 Touch Right toe to Right side, snap heel down taking weight
- 3,4 Touch Left toe across Right, snap heel down taking weight
- 5,6 Touch Right toe to Right side, snap heel down taking weight
- 7,8 Rock back on Left, recover weight forward on Right

SECTION 2 – VINE ½ TURN LEFT WITH BRUSH, STEP-TOUCH (X2)

- 1, 2 Step Left to Left side, cross Right behind Left
- 3,4 Turn ¼ Left stepping forward Left, turn ¼ Left brushing Right foot forward
- 5,6 Step Right to Right side, touch Left toe beside Right
- 7,8 Step Left to Left side, touch Right toe beside Left

*Restart here on wall 3 – begin at 6 o'clock, restart happens at 12 o'clock

*Sections 3 & 4 are a repeat of sections 1 & 2

SECTION 3 – SIDE TOE STRUT, CROSS TOE STRUT, SIDE TOE STRUT, BACK ROCK, RECOVER

Traveling to Right side...

- 1,2 Touch Right toe to Right side, snap heel down taking weight
- 3,4 Touch Left toe across Right, snap heel down taking weight
- 5,6 Touch Right toe to Right side, snap heel down taking weight
- 7,8 Rock back on Left, recover weight forward on Right

SECTION 4 – VINE ½ TURN LEFT WITH BRUSH, STEP-TOUCH (X2)

- 1, 2 Step Left to Left side, cross Right behind Left
- 3,4 Turn ½ Left stepping forward on Left, brush Right foot forward
- 5,6 Step Right to Right side, touch Left toe beside Right
- 7,8 Step Left to Left side, touch Right toe beside Left

SECTION 5 – ½ RHUMBA BOX WITH TOUCH, ½ RHUMBA BOX WITH BRUSH

- 1,2 Step Right to Right side, close Left beside Right
- 3,4 Step forward on Right, touch Left toe beside Right
- 5,6 Step Left to Left side, close Right beside Left
- 7,8 Step forward on Left, brush Right foot forward

SECTION 6 – ROCK, RECOVER, BACK-KICK/CLAP (X3)

- 1,2 Rock forward on Right, recover weight back on Left
- 3,4 Step back on Right, kick Left foot forward clapping hands at same time
- 5,6 Step back on Left, kick Right foot forward clapping hands at same time
- 7,8 Step back on Right, kick Left foot forward clapping hands at same time

SECTION 7 – BEHIND-SIDE-CROSS-KICK, BEHIND-SIDE-CROSS

- 1,2 Cross Left behind Right, step Right to Right side

3,4 Cross Left over Right, kick Right to Right diagonal
5,6 Cross Right behind Left, step Left to Left side
7,8 Cross Right over Left, hold count 8

SECTION 8 – ¼ PIVOT, STEP, HOLD, ROCKING CHAIR

1,2 Step Left to Left side, pivot ¼ Right taking weight on Right
3,4 Step forward on Left, hold count 4
5,6 Rock forward on Right, recover weight back on Left
7,8 Rock back on Right, recover weight forward on Left

...START AGAIN...

Restart; On wall 3 dance to the end of section 2 then restart from the beginning. You will restart facing 12 o'clock

Contact: williebrownuk@yahoo.co.uk
