

Make Me Feel

拍数: 96 墙数: 2 级数: Phrased Advanced
编舞者: Maria Maag (DK) - October 2018
音乐: Make Me Feel - Janelle Monáe



Sequences: A, A, B, C, A, B, C, C, B, Tag, C, C, The End... ;-)-
Intro: 16 counts from first beat (9 sec. Into track)

Tag: 4 counts after the 3rd B (facing 12:00), rock fw. R (1), recover L (2), rock back R (3), recover L (4).
Ending: After the 5th C part, the dance ends facing 12:00...stepping L next to R (32)...:-) :-)

Part A

A[1 – 8] Side step R pop heels, ball step R together L, cross step R snap R fingers R, ball cross R behind point L to L

1-2& step R to R (1), pop both knees (2), step L next to R (&) 12:00
3-4 step R to R (3), step L next to R (4) 12:00
5-6& cross R over L (5), snap R fingers R (6), step L to L (&) 12:00
7-8 cross R behind L (7), point L to L (8) 12:00

A[9 – 16] Cross L over R, ¼ L coaster step back R, together L, out R with smooth hip, scissor cross L, ½ unwind R hitch R

1-2& cross L over R (1), ¼ L step back R (2), step L next to R (&) 09:00
3-4 step fw. R (3), step L next to R (4) 09:00
5-6& step R out with a hip bump R (5), step L to L (6), step R next to L (&) 09:00
7-8 cross L over R (7), ½ unwind R on L hitch R (8) 03:00

A[17 – 24] Step back R, side rock L to L recover R cross L over R, ¼ L step back R, ¼ L, cross rock R recover L side R touch L next to R

1-2& step back R (1), rock L to L (2), recover R (&) 03:00
3-4 cross L over R (3), ¼ L step back R (4) 12:00
5-6& ¼ L step L to L (5), cross rock R over L (6), recover L (&) 09:00
7-8 step R to R (7), touch L next to R (8) 09:00

A[25 – 32] ¼ L step L fw kick ball R point L to L, hip bump L + R, sailor step L touch R next to L

1-2& ¼ L step down L (1), kick R fw. (2), step R next to L (&) 06:00
3-4 point L to L (3), hip bump L (4) 06:00
5-6& hip bump R (5), cross L behind R (6), step R to R (&) 06:00
7-8 step L to L (7), touch R next to L (8) 06:00

Part B

B[1 – 8] ½ Hip roll R+L, back rock R ¼ ¼ L walk R+L fw.

1-2 Step R to R with hip roll back and R (1), touch L down (2) 12:00
3-4 Step down L with hip roll back and L (3), touch R down (4) 12:00
5&6& rock back R (5), recover L (&), ¼ L step back R (6) 06:00
7-8 ¼ L stepping down L (&), step fw. R (7), step fw. L (8) 06:00

B[9– 16] Hip roll R+L, back rock R ¼ ¼ L walk R+L fw.

1–2 Step R to R with hip roll back and R (1), touch L down (2) 06:00
3-4 Step down L with hip roll back and L (3), touch R down (4) 06:00
5&6& rock back R (5), recover L (&), ¼ L step back R (6) 12:00
7-8 ¼ L stepping down L (&), step fw. R (7), step fw. L (8) 12:00

B[17 – 24] Hip roll R+L, back rock R ¼ ¼ L walk R+L fw.

1-2 Step R to R with hip roll back and R (1), touch L down (2) 12:00
3-4 Step down L with hip roll back and L (3), touch R down (4) 12:00
5&6& rock back R (5), recover L (&), ¼ L step back R (6) 06:00
7-8 ¼ L stepping down L (&), step fw. R (7), step fw. L (8) 06:00

B[25 – 32] Rock fw, R recover L, coaster step back R, walk ⅛ L walk ⅛ L shuffle ¼ L

1-2 rock R fw. (1), recover L (2) 06:00
3&4 step back R (3), step L next to R (&), step fw. R (4) 06:00
5-6 walk L ⅛ L (5), walk R ⅛ L (6) 03:00
7&8 ⅛ L step fw. L (7), step R next to L (&), ⅛ L step fw. L (8) 12:00

Part C

C[1 – 8] Walk fw. R+ L, rock R recover L cross R, side L hitch R, ball cross side

1-2& walk fw. R (1), walk fw. L (2), rock R to R (&) 12:00
3-4 recover L (3), cross R over L (4) 12:00
5-6& step L to L (5), hitch R (6), step R down (&) 12:00
7-8 cross L over R (7), step R to R (8) 12:00

C[9 – 16] Touch L behind R, unwind ½ L, swivel, step together, walk fw. R + L, mambo fw. R

1-2 touch L behind R (1), ½ L on R (2) 06:00
3-4& sit in R hip and slightly bend knees (3), swivel both heels L (4), recover (weights on R) (&) 06:00
5-6-7 step L next to R (5), walk R fw.(6), walk L fw. (7) 06:00
8& rock fw. R (8), recover L (&) 06:00

C[17 – 24] Point back with body roll back, ball step back, step step on the spot, hip bump fw. back fw . sailor ¼ R

1-2& point back R start body roll back (1), finish body roll stepping back R (2), step L next to R (&) 06:00
3-4& step back R (3), step L next to R (4), step R next to L (&) 06:00
5-6-7 step fw. L with hip bump fw. on L (5), hip bump back R (6), step fw. L (7) 06:00
8& ⅛ R crossing R behind L (8), step down L (&) 07:30

C[25 – 32] Cross hold ball cross hold, ball step step ¼ cross, chasse R

1-2& ⅛ R crossing R over L (1), hold (2), step L next to R (&) 09:00
3-4& ¼ R crossing R over L (3), hold (4), step L next to R (&) 12:00
5-6& ¼ R stepping fw. R (5), step fw. L (6), ¼ R stepping down R (&) 06:00
7-8& cross R over L (7), step R to R (8), step L next to R (&) 06:00

Enjoy...:-)

Contact: maria.maag.dk@gmail.com
