

# The Feels

拍数: 32      墙数: 2      级数: Improver  
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音乐: The Feels - Maren Morris



**\*\*2 pauses/tags and 1 restart**

**Start 16 counts in when the singing begins**

**[1-8]: Walk forward x4, mambo forward and back, and cross**

- 1-4 – Sexy walk forward right, left, right, left (1-4)  
5-8 – Rock forward on right (5), back in place on left (&), back on right (6), rock back on left (7), right in place (&), left across right (8)

**[1-8]: Out and cross, ½ turn to right, shuffle across, kick ball cross**

- 1-4 – Step right foot out to right side (1), step left in place (&), cross right foot over left (2) start rotating body to right to make ½ turn; step left in place (3), step right down to the back wall (4)  
5-8 – Step left foot over right (5), step right in place (&), step left foot over left (6); kick right foot forward (7), step down on left (&), step left foot down across right (8)

**[1-8]: ¼ to right, kick and outs, sailor right, ¼ turn to right sailor left**

- 1-4 – Make an immediate ¼ turn to the right and kick right foot forward (1), step down on left (&), kick left foot slightly back (2); repeat on left – kick left foot forward (3), step down on right (&), kick right foot slightly back (4)  
5-8 – Right sailor (5&6), left sailor making a ¼ turn to right to face front wall (7&8)

**[1-8]: Knee pops slow, slow, quick, quick, quick**

- 1-4 – Moving backwards, step back on right foot and pop left knee up (1), step back on left and pop right knee up (2); then do a quick right, left, right backwards with quick knee pops up (3&4)  
5-8 – Shuffle forward left, right, left (5&6), make 2 ¼ paddle steps to the left to face back wall (7-8)

**\*1st Pause/Tag – after you go through the first wall and you are ready to start on the back wall, there is a 4 count sexy pause. You will do 2 slow walks forward while snapping fingers down to your sides (walk right (1), slow pause while snapping (2), walk forward left (3), slow pause while snapping (4). Then you will begin your fast walks for the start of the back wall.**

**The Restart will come on the second wall (when you are back facing the front wall). After the first 16 counts you will have ended on the back wall doing your kick ball cross – after that you will start the dance over. You will hear it in the music.**

**\*\*2nd Pause/Tag comes after you complete your 8th wall – you will hear the music goes into a softer tone – then there will be a 2 second pause – after you finish your paddle, do a sexy styling right toe touch (1) and snap (2) and restart.**