

Feelin' No Pain

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Laura Kampschroeder (USA) - March 2020
音乐: One Margarita - Luke Bryan



Intro: 16 ct

Section 1 [1-8] MAMBO R, MAMBO L, HEEL, STEP, HEEL, STEP, TOUCH BACK, ½ TURN STEP

1&2 3&4 Rock R, recover, step R, rock L, recover, step L
5&6&7 8 R heel, step, L heel, step, touch back R, ½ turn R step R (6:00)

Section 2 [9-16] TRIPLE STEP, TRIPLE STEP, STEP, ¼ TURN R, KICK, STEP, TOUCH

1&2 3&4 Triple step L,R,L, triple step R,L,R
5 6 7&8 Step L, ¼ turn R, kick L, step L, touch in R (9:00)

Section 3 [17-24] CHASSE R, ROCK BACK, RECOVER, TRIPLE STEP, STEP, TURN ¼ L

1&2 3 4 R side, together, side, rock back L, recover R

Restart on Wall 7 (touch on 4, instead of recover)

5&6 7 8 Triple step L,R,L, step R, turn ¼ L, (6:00)

Restart on Walls 3 and 4

Section 4 [25-32] KICK, OUT, OUT, SAILOR STEP, BEHIND ¼ TURN R, STEP, ROCK, RECOVER

1&2 3&4 Kick R, out R, out L, R sailor step
5&6 7 8 L behind, ¼ turn R, step L, rock fwd R, recover L (9:00)

RESTARTS:

Wall 3 (face 6:00) dance 24 beats (face 12:00)

Wall 4 (face 12:00) dance 24 beats (face 6:00)

Wall 7 (face 12:00) dance 20 beats (face 9:00) Touch on beat 4.

Choreographer Contact Information:

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Last Update - 28 May 2020 - R2