

I Got The Feels

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Rissa Miura (INA) & Sandra Lumbaraja (INA) - April 2022
音乐: The Feels - TWICE



Intro dance : 16 counts

S1. WALK (R-L) - SIDE TOUCH WITH HIP BUMP (R-L-R-L) - KICK BALL TOUCH BEHIND

1-2 Step R forward, step L forward
3-6 Touch R to R side with hip bump R-L-R-L (weight on L with styling bend L knee)
7&8 Kick R forward, ball R close beside L, touch L back

S2. FORWARD TOUCH - BACK TOUCH - ½ TURN L - ¼ TURN R - L BALL CLOSE - CROSS - HOLD - SIDE - CROSS - SIDE TOUCH

1-2 Touch L forward, touch L back (weight on R)
3-4 ½ turn L step L in place (06:00), ¼ turn right with R in place (09:00)
&5-6 Step ball of L close beside R, cross R over L, hold
&7-8 Step L to left side, cross R over L, touch L to left side

S3. CLOSE AND SIDE TOUCH SWITCHES RLR - HITCH - TOUCH - SAILOR ¼ R - SCUFF - SIDE STEP

&1&2 Close L beside R, touch R to right side, close R beside L, touch L to left side
&3&4 Close L beside R, touch R to right side, hitch R, touch R to right side
5&6 ¼ turn right cross R behind L (12:00), step L to left side, step R in place
7-8 Scuff L , step L to side

S4. HITCH SWITCHES (R-L-R-R) - COASTER STEP - TRIPLE STEP ½ TURN R

1&2& Hitch R knee to R diagonal, R drop in place, hitch L knee to L diagonal, L drop in place
3&4 Hitch R knee to R diagonal, R drop in place, hitch R knee to R diagonal
5&6 Step R backward, step L beside R, step R forward
7&8 Step L forward, turn ½ right step R in place (06:00), step L beside R

Restart here at Wall 2

S5. SKATE (R-L) - DIAGONAL RIGHT FORWARD SHUFFLE- WALK WITH ½ TURN L - SIDE TOUCH

1-2 Skate R diagonal forward to right, skate L diagonal forward to left
3&4 Step R diagonal forward to right, step L beside R, step R diagonal forward to right
5-6 ¼ turn left step L forward (03:00), ⅛ turn left step R forward (01:30)
7-8 ⅛ turn left step L forward (12:00), touch R to right side

S6. OUT - OUT - ANCHOR STEP - FULL TURN L - ¼ L SAILOR FORWARD

1-2 Step R to diagonal forward right, step L to diagonal forward left
3&4 Step R back, recover on L, recover on R
5-6 ½ turn left step L forward (06:00), ½ turn left step R back (12:00)
7&8 ¼ turn left step L behind R (09:00), step R to right side, step L forward

*restart here on wall 3 with step change:

7-8 ½ turn left step L forward (06:00), close R together L. Next wall will be facing 06:00

S7. OUT - OUT - CHASSE R - BACK ROCK - FORWARD SHUFFLE

1-2 Step R to diagonal forward right, step L to diagonal forward left
3&4 Step R to right side, step L beside R, step R to right side
5-6 Step L back, recover on R
7&8 Step L forward, step R beside L, step L forward

S8. SIDE - TOGETHER - SIDE - HITCH - CROSS - ¼ TURN R - BACK - ¼ TURN R - SIDE - ¼ TURN R

SIDE MAMBO

- 1-2 Step R to right side, close L together R
3&4 Step R to right side, hitch on R, cross R over L
5-6 ¼ turn right L back (12:00), ¼ turn right step R to right side (03:00)
7&8 ¼ turn right step L to side (06:00), step R in place, step L beside R

Tag : 4 counts (2x BodyWave)

- 1-4 Step R forward, head forward, chest, stomach, push hips, take weight on L

Restart: on wall 2 after 32 counts, wall 3 after 48 counts with step change, wall 6 after 32 count + 4 counts tag

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