

Feel Like Dancing

COPPER **NOB**
BY STEPHEN MRAZ

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Thomas Haynes (USA) - April 2023
音乐: I Feel Like Dancing - Jason Mraz



V-step, toe taps in place

- 1-2- Step right diagonal forward, step left diagonal forward.
- 3-4- Step right back in place, step left back in place next to right
- 5-6- Lean body back towards left, raise right heel while bending right knee forward, touch right toes in place, straighten up body step down on right in place.
- 7-8- Lean body back towards right, raise left heel while bending left knee forward, touch left toes in place, straighten up body step down on left in place.

Right vine, left toe heel fans

- 1-2- Step right on right, cross left behind right.
- 3-4- Step right on right, step left next to right.
- 5-6- Fan left toes to left, fan heel left
- 7-8- Return heel center, return toes center

Left vine 1/4 turn left, Rocking chair

- 1-2- Step left on left, cross right behind left.
- 3-4- Step left on left turning 1/4 turn left, brush right next to left.
- 5-6- Rock forward on right, recover on left.
- 7-8- Rock back on right, recover on left.

hip bumps

- 1-2- step right in place while bumping hips right twice
- 3-4- Bump hips left twice
- 5-6- Roll hips right, left.
- 7-8- Roll hips right, left.

(feel free to move your hips any way you like)

Begin Again.... and enjoy

At end of wall 8 second time facing front wall on last 4 counts of dance after hip bumps left. you hear everybody freeze just stomp right in place arms straight out hands open, hold for 3 beats start back on vocals.