

Can You Feel It

拍数: 32 墙数: 4 级数: Improver
编舞者: Cameron Stuart (USA) - July 2023
音乐: Sing - Ed Sheeran



Intro: 16 Counts

[1-8]: STOMP R-L-R-L, BODY ROLL R, TWIST L HEEL-TOE-HEEL

1-2 1)Stomp R, 2)Stomp L
3-4 3)Stomp R, 4)Stomp L
5-6 5)Body roll to R, 6)End roll with weight on R
7&8 7)Twist L heel in, &)Twist L toe in, 8)Twist L heel in, Making 1/8 of turn Left (facing 10:30)
ending with feet together

[9-16]: WALK X2, MAMBO STEP, STEP BACK, SIDE, STEP TOGETHER, KNEE POP

1-2 1)Walk forward on R, 2)Walk forward on L (Facing 10:30)
3&4 3)Rock forward on R, &)Recover on L, 4)Step back on R (Facing 10:30)
5-6 5)Step back on L (Facing 10:30), 6)Step R to R side (Facing 12:00)
7&8 7)Step L next to R, &)Pop both knees fwd, 4) return knees back ending with weight on R

[17-24]: 1/4 HEEL GRIND L, L COASTER STEP, 1/2 HEEL GRIND R, R COASTER STEP

1-2 1)Rock forward on L heel with the toes pointed to R, 2)Recover on R as you turn a 1/4 turn to L
3&4 3)Step back on L, &)Step R next to L, 4)Step forward on L
5-6 5)Rock forward on R heel with the toes pointed to L, 6)Recover on L as you turn a 1/2 turn to R
7&8 7)Step back on R, &)Step L next to R, 8)Step forward on R

[25-32]: POINT-POINT-HEEL-HEEL BALL, ROCK FORWARD, TRIPLE 1/2 TURN

1&2& 1)Point L to L side, &)Step L next to R, 2)Point R to R side, &)Step R next to L
3&4& 3)Tap L heel forward, &)Step L next to R, 4)Tap R heel forward, &)Step R next to L
5-6 5)Rock forward on L, 6)Recover on R
7&8 7)1/4 turn L stepping on L, &)Step together with R, 8)1/4 turn L stepping on L
