

# The Feels

拍数: 56      墙数: 1      级数: Phrased Advanced  
编舞者: Guillaume Richard (FR) - October 2024  
音乐: The Feels - Labrinth



A : 32 counts – B : 16 counts – C : 8 counts  
Seq: A – B – B – C – A – B – B – C – C – C – C

Intro: Leave the first 2 notes and the first 2 steps, and start the dance on count 3 of Part A

## PART A

[1 – 8] Step & Sweep, Rock & Sweep 1/8 turn, Back & Hook, Step Fwd, 1/2 turn Step, 1/2 Fallaway Diamond

- 1-2 Step RF fwd and sweep LF to front (1), Step LF fwd (2) 12:00
- 3-4 Make 1/8 turn L stepping RF back and sweep LF back (3), Step LF back and cross RF over L (4) 10:30
- 5-6 Step RF fwd (5), Make 1/2 turn R stepping LF back (6) 4:30
- 7&a Step RF fwd (7), Make 1/8 turn R stepping LF to L (&), Make 1/8 turn R stepping RF back (&) 7:30
- 8&a Step LF back (8), Make 1/8 turn R stepping RF to R (&), Cross LF over RF (a) 9:00

[9 – 16] Sway x2, Balance Step, Weave, Step & Sweep, Cross, Step & Touch, 3/4 Unwind

- 1-2 Step RF to R and sway to R (1), Recover on LF and sway to L (2) 9:00
- 3&a Step RF to R (3), Cross LF behind RF (&), Recover on RF (a) 9:00
- 4&a Step LF to L (4), Cross RF behind LF (&), Step LF to L (a) 9:00
- 5-6 Step RF fwd and sweep LF to front (5), Cross LF over RF (6) 9:00
- a7-8 Step RF to R (a), Touch L toes behind RF (7), Make 3/4 turn L stepping on LF (8) 12:00

[17 – 24] Step & Sweep, Rock, Back & Sweep x2, Back Rock, Full Turn, Step & Collect, Side Rock x2

- 1-2 Step RF fwd and sweep LF to front (1), Step LF (2) 12:00
- 3&4& Recover on RF and sweep LF back (3), Step LF back and sweep RF back (&), Step RF back (4), Recover on LF (&) 12:00
- 5&6& Make 1/2 turn L stepping RF back (5), Make 1/2 turn L stepping LF fwd (&), Step RF fwd (6), Step LF next to RF (&) 12:00
- 7&a Step RF to R and open your body to R diagonal (7), Recover on LF (&), Step RF next to LF (a) 12:00
- 8&a Step LF to L and open your body to L diagonal (8), Recover on RF (&), Step LF next to RF (a) 12:00

[25 – 32] Cross & Arms Movements, Out x2, In, Chase Turn Step, Step, 1/2 turn, Full Spiral Turn, Full Piqué Turn

- 1-2 Cross RF over LF and put R arm straight in L diagonal shoulders level as you put L hand on R hand and slide L hand to R elbow (1), Bend elbow and bring back down R arm with L hand pushing R elbow down (2) 12:00
- 3&a Step LF to L (3), Step RF to R (&), Step LF next to RF (a) 12:00
- 4&a Step RF fwd (4), Make 1/2 turn L stepping on LF (&), Step RF fwd (a) 6:00
- 5-6 Step LF fwd (5), Make 1/2 turn R keeping weight back on LF (6) 12:00
- 7-8 Make a full spiral turn L stepping on RF fwd (7), Make a full piqué turn stepping LF fwd (8) 12:00

## PART B

[1 – 8] Step & Sweep, Rock, Step Back & Sweep x2, 1/4 turn Lunge, Full Turn, Side Rock x2

- 1-2 Step RF fwd and sweep LF from back to front (1), Step LF fwd (2) 12:00
- 3-4 Recover on RF and sweep LF front to back (3), Step LF back and sweep RF front to back (4) 12:00

- 5-6 Make ¼ turn R stepping RF to R and lunge (5), Make ¼ turn L as you recover on LF (6),  
Make ½ turn L stepping RF next to LF (&) 6:00
- 7&a Make ½ turn L stepping LF in L diagonal (7), Recover on RF (&), Step LF next to RF (a)  
12:00
- 8&a Step RF in R diagonal (8), Recover on LF (&), Step RF next to LF (a) 12:00

**[9 – 16] Rock Step, ½ turn Step, Walk x2, Press, ¼ Sway, Sway, Side Step and Sweep, Cross, ¼ turn Step**

1&2 Step LF fwd (1), Recover on RF (&), Make ½ turn L stepping LF fwd (2) 6:00

3-4 Step RF fwd (3), Step LF fwd (4)

**Arms option : Put R arm straight on R side hips level with handpalm open (3), Put L arm straight on L side  
hips level with handpalm open (4) 6:00**

5-6& Step and press on RF fwd (5), Make ¼ turn L stepping on LF to L (6), Sway to R (&)

**Arms option : Cross both arms over your chest (5), Keep arms crossed on both sways (6&) 3:00**

7-8& Step on LF to L and sweep RF to the front (7), Cross RF over LF (8), Make ¼ turn R stepping  
RF back (&) 6:00

**To start again part B or to start part C, at the end of B:**

**Take your first next step with an extra ½ turn R 12:00**

**PART C**

**[1 – 8] Cross Rock x2, Rock Fwd ½ turn, Rock Fwd ¼ turn, Cross, ¼ turn Step Back, ½ turn Step Fwd, Step  
FWD**

1&2& Cross RF over LF (1), Recover on LF (&), Step RF to R (2), Cross LF over RF (&) 12:00

3&4& Recover on RF (3), Step LF to L (&), Step RF fwd (4), Recover on LF (&) 12:00

5&6& Make ½ turn R stepping RF fwd (5), Step LF fwd (&), Recover on RF (6), Make ¼ turn L  
stepping LF to L (&) 3:00

7&8& Cross RF over LF (7), Make ¼ turn R stepping LF back (&), Make ½ turn R stepping (8), Step  
LF fwd (&) 12:00

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