

What A Feeling!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: What a Feeling - DJ Bobo & Irene Cara



KICK FORWARD, KICK SIDE, ½ TURN SAILOR, PRESS, RELEASE, SIDE TOGETHER SIDE

1-2 Kick forward right, kick side right
3&4 Swing around ½ turn right and step down right, step forward left, step together right
5-6 Press forward left, recover onto right and keep left foot slightly raised
7&8 Step side left, step together right, step side left

FLAMINGO ¾ TURN, ROCK FORWARD AND SIDE, ½ TURN SWEEP & CROSS, POINT TOUCH SIDE

1 Position right knee up and position right ankle against the side of left calf (flamingo position) - right knee should be bent forward
2 Swing around on ball of left foot ¾ to the left
3&4 Rock forward right, recover left, rock side right
5-6 Sweep left foot around ½ turn to the right (keep weight right)
7-8 Cross left over right, point touch right side right

STEP AND ROLL TWICE, KICK BALL CROSS AND STEP TWICE

1-2 Step down on right, snake roll right
3-4 Step down on left, snake roll left
5&6 "Catwalk" kick ball cross: kick right diagonal forward left, step down right, cross forward left
7&8 "Catwalk" kick ball cross: kick right diagonal forward left, step down right, cross forward left

STEP FORWARD AND TOUCH, STEP BACK AND TOUCH, HOP FORWARD & BACK & BACK & FORWARD

1-2 Step forward right, touch left next to right
3-4 Step forward left, touch right next to left
&5 Hop forward diagonal right stepping on right, touch left next to right
&6 Hop back diagonal left stepping on left, touch right next to left
&7 Hop back diagonal right, touch left next to right,
&8 Hop forward diagonal left, touch right next left

Easier low impact alternative for counts 5-8: eliminate the touches (the "&" counts) and simply do small hops

REPEAT

TAG

Following wall 10 there will be a 4 count music break. Simply stand in place and do a hip roll around to the right (¼ to the right for each count). (emulate the same motion as when you work a hula hoop.)