

What Do You Feel

COPPER **KNOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Roy Hadisubroto (IRE)
音乐: I Feel The Love - NSync



1st Place Dutch Country Western Dance Championships 2001

TOUCH (2X), BOUNCE (2X), HITCH (WITH ARM MOVEMENT), CROSS, UNWIND ½ TURN LEFT

- 1 Right foot touch to right side (3:00) with body angled left (facing 10:30)
& Right foot step together (facing 12:00)
2 Left foot touch to left side (9:00) with body angled right (facing 1:30)
& Left foot step together (facing 12:00)
3 Right foot touch to right side (3:00), putting heel down (3:00)
& Right foot heel up (3:00)
4 Right foot heel down (3:00)

Arm movements

- 1-4 Bending elbows, put upper arm slightly away from body. Bounce arms up and down to beat of music

5 Right foot raise/lift knee, bring leg to the front of left foot
6 Right foot cross in front of left foot, both knees bent (still facing 12:00)

Arm movements

- 5-6 Bring both arms slowly up, starting from thigh to along side of your body (like batman, elbows bent)

7-8 Both unwind both feet ½ turn left (facing 6:00), straightening knees

Arm movements

- 7-8 Bring both hands slowly down next to body

HIP HOP, HIP HOP (REVERSE), TOUCH, STEP, ½ TURNS

- 9 Both hop right foot forward (6:00) as left foot goes back (12:00)
& Right foot hop right foot back to center, hitching left knee
10 Both hop left foot forward (6:00) as right foot goes back (12:00)
11 Both hop left foot backward (12:00) as right foot goes forward (6:00)
& Left foot hop left foot forward to center, hitching right knee
12 Both hop right foot backward (12:00) as left foot goes forward (6:00)
& Left foot step together
13 Right foot touch forward (6:00)
14 Right foot step back (12:00) (weight on both feet)
15 Both turn on both heels (toes up) ½ turn right (put toes down) (facing 12:00)
16 Both turn on both heels (toes up) ½ turn left (put toes down) (facing 6:00)

TOUCH, HEEL JACKS, STEP, SLIDE, TOUCH 2X, STEP, SLIDE, ¼ TURN LEFT, TOUCH 2X, STEP

- 17 Right foot touch diagonally forward left (4:30) in front of left foot
18 Right foot step diagonally back (10:30), putting left heel (toes up) diagonally forward (4:30) (body angled left facing 4:30)
& Left foot hop back to center (facing 6:00), hitching right knee
19 Right foot step diagonally back (1:30), putting left heel (toes up) diagonally forward (7:30) (body angled right facing 7:30)
& Left foot hop back to center (facing 6:00), hitching right knee
20 Right foot step long step right (9:00), sliding left foot to right foot
21 Left foot touch beside right foot

- & Left foot touch beside right foot (shift weight on left foot while putting left heel down. This is a very quick movement)
- 22 Right foot step forward (6:00)
- & Right foot turn $\frac{1}{4}$ left (facing 3:00), sliding left foot to right foot
- 23 Left foot touch beside right foot
- & Left foot touch beside right foot (shift weight on left foot while putting left heel down. This is a very quick movement)
- 24 Right foot step forward slightly bending knee (3:00) (putting some weight on)

TWIST, $\frac{1}{2}$ TURN LEFT, STEP, DRAG, OUT, OUT, HOLD, TOUCH (WITH ARM MOVEMENTS)

- 25 Right foot (on ball, heel out) twist knee in (10:30) body angled 12:00
- & Right foot (on ball, heel in) twist knee out (01:30 - gradually change weight to right foot) body angled 12:00
- 26 Right foot turn both feet $\frac{1}{2}$ turn left (weight on right foot) (facing 9:00)
- 27 Left foot step forward (9:00)
- 28 Right foot drag to left foot
- 29 Right foot step to right side (12:00)

Arm movements

Stretch right arm out to front, fingers stretched (pointed), back of left hand on right elbow

- 30 Left foot step to left side (6:00)

Arm movements

Stretch left arm out to front, fingers stretched (pointed), back of right hand on left elbow

- 31 Both hold

Arm movements

Cross both arms in front of chest (hand fisted, hand palms facing front)

- & Both hold

Arm movements

Turn both arms down and inside out, back to chest (at end, arms still in cross position, hands still fisted but hand palms now facing chest)

- 32 Right foot touch beside left foot

Arm movements

Uncross arms (hands still fisted, hand palms shoulder height), bringing arms down

REPEAT

If you use the music by NSync, then this dance will be an ABC dance. After the 8th wall you should dance the first 8 steps twice

(TOUCH (2X), BOUNCE (2X), HITCH (WITH ARM MOVEMENT), CROSS, UNWIND $\frac{1}{2}$ TURN LEFT)
