

It's The Way You Make Me Feel

COPPER KNOB
BY STEPSHEETS

拍数: 0 墙数: 0 级数:
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音乐: It's the Way You Make Me Feel - Steps



Sequence: Start dance on vocals, 16 counts from very beginning of track. AB, AC, AB, AC, TAG, AAA (When danced to "It's The Way You Make Me Feel" by Steps). When dancing to "Before Me And You" by Shedaisy, just dance PART A only.

PART A (MAIN DANCE)

TOE BALL TOUCH TWICE, HITCH (&), CROSS SHUFFLE, HITCH (&), CROSS SHUFFLE

1&2 Touch right toe beside left, step right back to right diagonal, touch left toe forward to left diagonal
& Step left beside right
3&4 Touch right toe beside left, step right back to right diagonal, touch left toe forward to left diagonal
& Step left beside right also hitch/raise right knee (this is an ever so slight jump - it's unnoticeable)
5&6 Cross-step right over left, step left to left side, cross-step right over left
& Hitch/raise left knee
7&8 Cross-step left over right, step right to right side, cross-step left over right

PADDLE TURNS (1 & ½) TURN LEFT, HITCH (&), CROSS SHUFFLE, HITCH (&), CROSS SHUFFLE

On vocals "Spinning Around", raise both hands up at shoulder height beside head, palms facing each other. But there is no contact with your head, and this is optional

1& Step right forward, pivot a ¼ turn left
2& Step right forward, pivot a ½ turn left
3& Step right forward, pivot a ½ turn left
4 On ball of left turn ¼ turn left pointing right toe to right side
& Raise/hitch right knee
5&6 Cross-step right over left, step left to left side, cross-step right over left
& Hitch/raise left knee
7&8 Cross-step left over right, step right to right side, cross-step left over right

WALKS FORWARD, STEP PIVOT (½-LEFT), BRUSH STEP BACK, SHOULDER CONTRACT

1 Walk forward on right crossing over left
2 Walk forward on left crossing over right
3-4 Step right forward, pivot ½ turn left over left shoulder
5&6 Brush left foot forward, hitch/raise right knee, step right behind left (extended 5th position)
& Contract chest in slightly, shoulders forward, buttocks back, bending both knees slightly arching chest
7 Bend knees further (sitting position)
& While still stuck in this position, straighten legs
8 Now push shoulders back, buttocks forward, chest normal (so you're standing normal now)

Counts &7&8 are similar to the steps in "Cha-cha Loco" by Pedro Machado, Jo Thompson & Alan "Renegade" Livett

HOOK TURN KICK (½-LEFT), BALL (¼-LEFT) POINT & POINT, CROSS UNWIND, LEFT SHUFFLE

& Step left beside right
1&2 Hook right behind left, on ball of left spin ½ turn left, kick right forward
& Step back on right completing a ¼ turn left
3&4 Point left toe to left side, step left beside right, point right toe to right side

- 5-6 Cross-step right over left, unwind $\frac{1}{2}$ a turn left
 7&8 Step left forward, step right beside left, step left forward

PARTS B & C

TURN STEP, ROCK STEP, POINTS, RONDE TURN, SIDE CHASSE

- 1& On ball of left turn $\frac{1}{2}$ turn left stepping back on right, step left beside right
 2& Rock back onto right, rock weight forward onto left
 3 On ball of left turn $\frac{1}{4}$ turn left pointing right toe to right side
 &4 Step right beside left, point left toe to left side
 5-6 Sweep left toe around to the right while on ball of right turn $\frac{1}{4}$ turn right, touching left toe beside right
 7&8 Step left to left side, step right beside left, step left to left side

MODIFIED JAZZ BOX ($\frac{1}{4}$ -RIGHT)

- 1-2 Step right forward, cross-step left over right
 3-4 Step right back turning $\frac{1}{4}$ turn right, step left to left side

HIP SWINGS, POINTS HOLDS

- 1-2& Swing hips left, swing hips right, step left beside right
 3-4& Step right to right side while swinging hips left, swing hips right, step left beside right
 5-6 Point right toe to right side, hold
 &7-8 Step left beside right, point right toe to right side, hold

Optional Styling: during the hold beats, splay both hands out to both sides

Part B are the full 20 counts (1-20)

Part C are the first 16 counts (1-16&)

TAG (SLOW STEPS - ONLY DANCED ONCE)

MODIFIED MONTEREY TURNS WITH ROCK STEPS

- 1-2 Point right toe to right side, on ball of left spin $\frac{1}{2}$ turn right stepping right beside left
 3-4 Rock back on left, rock weight forward onto right
 5-6 Point left toe to left side, on ball of right spin $\frac{1}{2}$ turn left stepping left beside right
 7-8 Rock back on right, rock weight forward onto left

TURN ($\frac{1}{4}$ -LEFT) HOLD, BACK ROCK, TURN ($\frac{1}{2}$ -LEFT) HOLD, BACK ROCK

- 1 On ball of left turn $\frac{1}{4}$ turn left, stepping right beside left
 2 Hold
 3-4 Rock back on left, rock weight forward on right
 5 On ball of right turn $\frac{1}{2}$ turn right, stepping left beside right
 6 Hold
 7-8 Rock back on right, rock weight forward on left

TURN ($\frac{1}{4}$ -LEFT) HOLD, BACK ROCK, SIDE CHASSE, SAILOR TOUCH

- 1 On ball of left turn $\frac{1}{4}$ turn left, stepping right beside left
 2 Hold
 3-4 Rock back on left, rock weight forward on right
 5&6 Step left to left side, step right beside left, step left to left side
 7&8 Cross-step right behind left, step left to left side, touch right beside left

SIDE CHASSE, SAILOR STEP, HIP SWINGS WITH POINT

- 1&2 Step right to right side, step left beside right, step right to right side
 3&4 Cross-step left behind right, step right to right side, step left to left side
 5-6& Swing hips left, swing hips right, step left beside right
 7-8 Point right toe to right side, hold

Optional Styling: during the hold beat, splay both hands out to both sides

