

# How I Feel

拍数: 48                      墙数: 4                      级数: Intermediate  
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音乐: How I Feel - Martina McBride



## **CROSS TOE TOUCHES, TOUCH BALL CROSS, ROCK RECOVER COASTER STEP**

1&                      Touch right toe forward across left, step right beside left  
2&                      Touch left toe forward across right, step left beside right  
3&4                     Touch right beside left, step right beside left, cross left over right  
5-6                     Rock forward on right, recover onto left  
7&8                     Step back on right, step left beside right, step forward on right

## **CROSS TOE TOUCHES, TOUCH BALL CROSS, ROCK RECOVER SHUFFLE ½ LEFT**

1&                      Touch left toe forward across right, step left beside right  
2&                      Touch right toe forward across left, step right beside left  
3&4                     Touch left beside right, step left beside right, cross right over left  
5-6                     Rock forward on left, recover onto right  
7&8                     Triple step in place turning ½ left stepping left, right, left

## **CROSS SIDE SAILOR STEP, CROSS SIDE BACK COASTER STEP**

1-2                     Cross right over left, step left to left side  
3&4                     Step right behind left, step left to left side, step right to right side  
5-6                     Cross left over right, step right to right side  
7&8                     Step back on left, step right beside left, step forward on left

## **ROCK RECOVER, TRIPLE FULL TURN RIGHT, ROCK RECOVER, SAILOR ¼ LEFT**

1-2                     Rock forward on right, recover onto left  
3&4                     Triple step in place turning a full turn left stepping right, left, right  
**Option: coaster step**  
5-6                     Rock forward onto left, recover onto right  
7&8                     Turn ¼ left and step left behind right, step right to right side, step left to left side

## **FORWARD SHUFFLE, STEP ½ RIGHT, FORWARD SHUFFLE, FULL TURN LEFT**

1&2                     Shuffle forward stepping right, left, right  
3-4                     Step forward on left, turn ½ turn right (weight to right)  
5&6                     Shuffle forward left, right, left  
7-8                     Turn ½ left and step left foot back, turn ½ left and step right foot forward

**Option: walk, walk**

## **CHASSE RIGHT, BACK ROCK RECOVER, CHASSE LEFT, BACK ROCK RECOVER**

1&2                     Step right to right side, step left beside right, step right to right side  
3-4                     Rock back on left, recover onto right  
5&6                     Step left to left side, step right beside left, step left to left side  
7-8                     Rock back on right, recover onto left

**REPEAT**