

# 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**