Feel Da Rhythm



编舞者: Steve Rutter (UK) & Glynn Holt (UK)

音乐: Rhythm of the Night - DeBarge



WALK FORWARD, ROCK & CROSS, SYNCOPATED LEFT VINE, TOE TOUCH, 1/4 LEFT WITH FLICK

1-2 Step forward on right, step forward on left

3a4 Rock right-to-right side, recover weight onto left, cross right over left

5-6 Step left-to-left side, cross right behind left

a Step left-to-left side

7-8 Touch right toe to right side, make a quarter turn left flicking right foot back & clicking fingers

at head height

CROSS ROCK, CHASSE RIGHT, CROSS, SIDE STEP SAILOR STEP WITH 1/4 TURN LEFT

9-10 Cross rock right over left, recover weight onto left

11a12 Step right-to-right side, close left beside right, step right to right side

13-14 Cross left over right, step right to right side

15a16 Cross left behind right, make a quarter turn left stepping weight onto right, step left slightly

forward

FORWARD ROCK, TRIPLE FULL TURN RIGHT, MODIFIED ROCKING CHAIR STEP

17-18 Rock forward on right, recover weight onto left 19a20 Make a full turn right stepping on right, left, right

Option: for dancers who don't want to do this full turn just do a coaster step

21-22 Rock left forward to left diagonal pushing hips left, recover weight onto right Rock left back to left diagonal pushing hips left, recover weight onto right

FORWARD ROCK, TRIPLE ½ TURN LEFT, STEP FORWARD, PIVOT ½ TURN LEFT, FULL TURN LEFT

25-26 Rock forward on left, recover on right

27a28 Make a half turn left stepping on left, right, left 29-30 Step forward on right, pivot a half turn left 31-32 Make a full turn left stepping on right, left

Option: for dancers who don't want to do this full turn just walk forward right, left

REPEAT

RESTART

When dancing wall 4 only dance up to count 16 then restart dance from beginning