

Feel Like I'm Falling

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Yvonne Dunn (UK)
音乐: Falling - Gabrielle



SIDE, STEP BACK, SHOULDER ROLL, STEP FORWARD, FULL SPIRAL TURN, CONTRA CHECK, PUSH BACK, FULL TURN

- 1 Step left foot to left side
- 2 Step right foot back
- 3 Hold feet in place & roll right shoulder from front to back (look back)
- 4 Step left foot forward
- & Make ½ turn over left shoulder & step right foot back
- 5 Keep weight on right foot make half turn over left shoulder trailing left toe on floor
- 6 Step left foot forward (bent leg & with right shoulder lead)
- 7 Step right foot back (straightening leg keeping right shoulder lead)
- 8 Step left foot back starting full turn over right shoulder
- & Step right foot forward
- 9 Step left foot back completing full turn over right shoulder

Look over left shoulder and place hands across eyes with open fingers & palms away from face

WALK, WALK, KICK OUT OUT, RAG DOLL LEFT TO RIGHT

- 18 Step right foot forward slightly across left
- 19 Step left foot forward slightly across right
- 20 Kick right foot forward
- & Step right foot to right side
- 21 Step left foot to left side
- 22-23 Keeping feet in place lean to left side, drop head back start back lean
- 24-25 Continuing lean back change weight from left to right

CHA-CHA LEFT, QUARTER TURN CHA-CHA RIGHT, SYNCOPATED CROSS OVER BREAKS

- 26 Step left foot to left side
- & Close right to left
- 27 Step left foot to left side
- 28 Making quarter turn right step right foot to right side
- & Close left to right
- 29 Step right foot to right side
- 30 Cross left foot diagonally in front of right with weight
- & Replace weight onto right foot
- 31 Rock left out to left side
- & Replace weight onto right foot
- 32 Cross left foot diagonally in front of right with weight
- & Replace weight onto right foot

REPEAT

TAG

After 3rd repetition, only when danced to original track

- 1 Step left foot to left side, touch right foot to left instep (looking over left shoulder left hand over eyes palm away from face right arm out to right side)
- 2 Hold
- 3 Step right foot to right side, touch left foot to right instep (looking over right shoulder right hand over eyes palm away from face left arm out to left side)

- 4 Hold
- &5 Quickly replace weight onto left foot & press right foot forward (right heel off floor)
- 6 Hold
- 7-8 Gradually replace weight onto left foot while shimmying twice
- 9 Hold

Begin dance from count 2
