

Feel The Beat

拍数: 48 墙数: 4 级数:
编舞者: Adrian Churm (UK)
音乐: Feel The Beat - Paul Bailey



STOMP forward AND IN PLACE, HEEL SWIVELS, MASHED POTATOES & SWIVET TO THE LEFT

- 1-2 Right foot stomps forward, left foot stomps in place behind right
&3&4 Swing right heel to the right, left heel to the left, both at the same time, swing both heels back in and back out and back in
&5&6 Swing left heel out and inn at the same time as you step back and behind with the right foot, then repeat on the opposite foot
7&8 Close right foot to the left, lift the left toe and right heel up and swing left toe to the left and right heel to the right then back to center, lowering the toe & heel

TRIPLE STEP forward, PIVOT TURN, TRIPLE STEP, ¼ TURN LARGE SIDE STEP AND TOUCH

- 9&10 Left foot steps forward, close right towards left, left foot steps forward
11-12 Right steps forward, make ½ turn to the left, weight ends up on left foot
13&14 Right foot steps forward, close left towards right, right steps forward
15-16 Make a ¼ turn to the right and take a large step to the left with the left foot & draw right foot up and touch it next to left

CRAZY LEGS, HEEL SWITCHES WITH A HOOK, SYNCOPATED HEEL SPLITS AND APPLEJACKS

- 17-18 Stomp right foot up, kick right foot out, hook right foot in front of left shin
&19&20 Kick right foot back out, flick right foot back, kick right foot forward and hook in front of left
21&22& Touch right heel forward step right foot in place as left heel touches forward and step left foot back in place
23&24& Touch right heel forward, hook right in front of the left shin and touch the right heel forward and close right foot to left
25&26& Touch left heel forward, step left foot back in place as right heel touches forward and step right back in place
27-28 Touch right heel forward and close right foot next to left
29&30 Swing both right and left heels out, swing both heels back in and both heels back out
31-32 Swing both heels back in and back out
33&34& At the same time swing left toe and right heel to the left, then swing both left toe and right heel back to center, then swing left heel and right toe to the right and the back to the center
35&36& At the same time swing left toe and right heel to the left, then swing both left toe and right heel back to center and repeat once
37-40& Repeat 33-36& (this time in the opposite direction with opposite toe and heel)

PIVOT TURN, TRIPLE STEP TURNING & COASTER STEP, TWO WALKS FORWARD

- 41-42 Right foot steps forward, turn ½ turn to the left, (weight is on the left)
43&44 Make a ½ turn to the left as the right foot steps forward, left closes to right, right foot steps back
45&46 Left foot steps back, right foot closes towards left, left foot steps forward
47-48 Two walks forward right foot then left

REPEAT