

Feel

拍数: 32 墙数: 4 级数: High Intermediate
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音乐: Make You Feel My Love - Adele : (CD: 19)



Count in: Start on lyrics after 32 count intro.

(1-7)

- 1) Step R foot a large step to R side.
2) Step ball of L foot behind R foot; &) Step R foot across and in front of L foot; 3) Make a 1/4 turn L stepping forward on L foot. (facing 9 O'clock)
4) Make a 1/2 turn L stepping back on R foot; &) Make a 1/2 turn L stepping forward on L foot; 5) Step forward on R foot.
6) Make a 1/2 Turn L stepping L foot next to R foot; 7) Step forward on R foot.

(8-17)

- 8) Step L foot forward; &) Pivot 3/4 turn R (weight on R); 1) Point L foot to L side.
2) Point L foot across and in front of R foot; 3) Step L foot a large step to L side.
4) Step ball of R foot behind L foot; &) Step L foot across and in front of R foot; 5) Step R foot a large step to R side.
6) Make a 1/4 turn R stepping forward on L foot; 7) Step forward on R foot. (facing 3 O'clock)
8) Pivot 1/2 turn L (weight on L); &) Make a 1/2 turn L stepping back on R foot; 1) Step back on L foot.

(18-25)

- 2&3) Coaster step R-L-R.
4) Make a 1/2 turn R stepping back on L foot; &) Make a 1/4 turn R stepping R foot to R side; Step L foot across and in front of R foot (facing 12 O'clock);
6) Unwind 1 full turn to R taking weight on R foot; 7) Step L foot a large step to L side.
8) Step R foot behind L foot; &) Make a 1/4 turn L stepping forward on L foot; 1) step forward on R foot. (facing 9 O'clock)

(26-32)

- &) Rock forward onto L foot; 2) Recover to R foot; &) Step back on L foot; 3) Make a 1/2 turn R stepping forward on R foot.
4) Make a 1/2 turn R stepping back on L foot; 5) Make a 1/4 turn R stepping R foot a large step to R side.
6) Step ball of L foot behind R foot; &) Step R foot across and in front of L foot; 7) Make a 1/4 turn L stepping forward on L foot. (facing 9 O'clock)
8) Make a 1/4 turn L stepping back on R foot; &) Make a 1/2 turn L stepping forward on L foot; a) Make a 1/4 turn L stepping into count 1. (facing 9 O'clock)