

Feel Good

拍数: 32 墙数: 2 级数: Newcomer / Novice ECS
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音乐: Rock Bottom Blues - Kid Rock



Start after 32 counts / 2 Restarts (in Wall 4 & 8)

[1-8] Side Shuffle right, Back Rock, Side Shuffle left, Back Rock with ¼ turn right

1&2 Side shuffle right (stepping right, left, right)
3-4 Rock back on left, recover onto right
5&6 Side shuffle left (stepping left, right, left)
7-8 Rock back on right with turning 1/4 to right, recover onto left (3:00)

[9-16] 3x Heel Switches, Hold, 3x Heel Switches, Hold

1&2 touch right heel forward, step right next to left, touch left heel forward
&3-4 step left next to right, touch right heel forward ,hold
&5&6 step right next to left, touch left heel forward, step left next to right, touch right heel forward,
&7-8 step right next to left, left heel forward, hold

RESTART: Here in walls 4 & 8.

[17- 24] Shuffle right, Full Turn, Shuffle left, Step right , ½ Turn left

&1&2 step left next to right, shuffle right forward (stepping right, left, right)
3-4 left step back with turning 1/2 to right, right step forward with turning 1/2 to right
5-6 shuffle left forward (stepping left, right, left)
7-8 step right forward, turn 1/2 to left

[25-32] Shuffle right, Rock Step, Sailor Step with ¼ turn left, Kickball Step

1&2 shuffle right forward (stepping right, left, right)
3-4 Rock left forward, recover onto right
5&6 Step left behind right with turning ¼ left, step left next to right, step right slightly side
7&8 kick right forward, step right next left, step left slightly forward

Start again and have fun !!
