

Feel Alright

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Robbie McGowan Hickie (UK) - August 2011
音乐: Amazing (Radio Edit) - The Phonkers : (3:51)



64 Count into.

Side Rock. Behind & Step Forward. Step Forward. 1/2 Turn Left. Left Shuffle 1/2 Turn Left.

- 1 – 2 Rock Right out to Right side. Recover weight on Left.
- 3&4 Cross Right behind Left. Step Left to Left side. Step forward on Right.
- 5 – 6 Step forward on Left. Make 1/2 turn Left stepping back on Right.
- 7&8 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (Facing 12 o'clock)

Forward Rock. & Step. Pivot 1/4 Turn Right. Cross. Side. Behind & Cross.

- 1 – 2 Rock forward on Right. Rock back on Left.
- &3 – 4 Step Right beside Left. Step forward on Left. Pivot 1/4 turn Right.
- 5 – 6 Cross step Left over Right. Step Right to Right side.
- 7&8 Cross Left behind Right. Step Right to Right side. Cross step Left over Right. (Facing 3 o'clock)

1/4 Turn Left. Drag. & Cross. Side. Back Rock. Right Kick-Ball-Cross.

- 1 – 2 Make 1/4 turn Left stepping Long step back on Right. Drag Left beside Right. (Weight on Right)
- &3 – 4 Step ball of Left beside Right. Cross step Right over Left. Step Left to Left side.
- 5 – 6 Rock back on Right. Rock forward on Left. (Facing 12 o'clock)
- 7&8 Kick Right Diagonally forward Right. Step Right beside Left. Cross step Left over Right.

Side Step Right. Together. Chasse 1/4 Turn Right. 2 x 1/2 Turns Right. Left Shuffle Forward.

- 1 – 2 Step Right to Right side. Close Left beside Right.
- 3&4 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right.
- 5 – 6 Make 1/2 turn Right stepping back on Left. Make 1/2 turn Right stepping forward on Right.
- 7&8 Left shuffle forward stepping Left. Right. Left. (Facing 3 o'clock)

Forward Rock. Step Back. Touch. Step Back. Touch. Chasse Right.

- 1 – 2 Rock forward on Right. Rock back on Left.
- 3 – 4 Step Right Diagonally back Right. Touch Left toe beside Right. (Body Facing Right Diagonal)
- 5 – 6 Step Left Diagonally back Left. Touch Right toe beside Left. (Body Facing Left Diagonal)
- 7&8 (Straighten up to 3 o'clock) Step Right to Right side. Close Left beside Right. Step Right to Right side.

Back Rock. 2 x 1/4 Turns Right. Cross Rock. 2 x 1/4 Turns Left.

- 1 – 2 Rock back on Left. Rock forward on Right.
- 3 – 4 Make 1/4 turn Right stepping back on Left. Make 1/4 turn Right stepping Right to Right side.
- 5 – 6 Cross rock Left over Right. Rock back on Right.
- 7 – 8 Make 1/4 turn Left stepping forward on Left. Make 1/4 turn Left stepping Right to Right side.

Back Rock. Left Kick-Ball-Step Forward. Forward Rock. Left Shuffle 1/2 Turn Left.

- 1 – 2 Rock back on Left. Rock forward on Right. (Facing 3 o'clock)
- 3&4 Kick Left forward. Step ball of Left beside Right. Step forward on Right.
- 5 – 6 Rock forward on Left. Rock back on Right.
- 7&8 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (Facing 9 o'clock)

Forward Rock. Right Lock Step Back. 1/2 Turn Left. Side Step Right. Behind & Cross.

1 – 2 Rock forward on Right. Rock back on Left.

3&4 Step back on Right. Lock step Left across Right. Step back on Right.

5 – 6 Make 1/2 turn Left stepping forward on Left. Step Right to Right side.

7&8 Cross Left behind Right. Step Right to Right side. Cross step Left over Right. (Facing 3 o'clock)

Start Again
