## Feels Like Rock＇n Roll

拍数： 96
壇数： 1
级数：Phrased Intermediate
编舞者：Bastiaan van Leeuwen（DE）－September 2011
音乐：Feels Like Rock＇n Roll－Bouke ：（CD：I Cry－Single）

Counts：part A－32 counts，part B－16 counts，part C－32 counts，part D－16 counts
Intro： 16 counts－Sequence：A B C D A B C D D B C D D

## Part A

［1－8］Toe struts，kick，coaster step，lock step forward，
1\＆Step $R$ toe forward，drop $R$ heel，
2\＆Step $L$ toe across $R$ ，drop $L$ heel，

3\＆Step $R$ toe back，drop $R$ heel，
Kick L forward，
5\＆6 Step L back，step R beside，step L forward，
7\＆8
Step $R$ forward，lock $L$ behind，step $R$ forward，
［9－16］Mambo step forward，coaster step，shuffle $1 / 2$ turn $R$ ，coaster step，
1\＆2 Rock $L$ forward，recover onto $R$ ，step $L$ beside，
$3 \& 4$ Step $R$ back，step $L$ beside，step $R$ forward，
5\＆6 $\quad 1 / 4$ turn $R$ stepping $L$ to left side，close $R$ beside， $1 / 4$ turn $R$ stepping $L$ back，（06：00）
7\＆8 Step R back，step L beside，step R forward，
［17－24］Toe struts，kick，coaster step，lock step forward，
1\＆Step $L$ toe forward，drop $L$ heel，
2\＆Step $R$ toe across $L$ ，drop $R$ heel，
3\＆Step $L$ toe back，drop $L$ heel，
4 Kick R forward，
5\＆6 Step R back，step L beside，step R forward，
7\＆8
Step $L$ forward，lock $R$ behind，step $L$ forward，
［25－32］Mambo step forward，coaster step，shuffle $1 / 2 \mathrm{~L}$ ，coaster step，
1\＆2 Rock $R$ forward，recover onto $L$ ，step $R$ beside，
3\＆4 Step $L$ back，step $R$ beside，step $L$ forward，
5\＆6 $\quad 1 / 4$ turn $L$ stepping $R$ to $R$ side，close $L$ beside， $1 / 4$ turn $L$ stepping $R$ back，（12：00）
$7 \& 8$ Step $L$ back，step $R$ beside，step $L$ forward，

## Part B

［1－8］Charleston，sweep forward， $1 / 4$ turn R ，coaster step，
1－2 Sweep $R$ out \＆around to touch in front of $L$ ，sweep $R$ out \＆around to step $R$ behind $L$ ，
3－4 Sweep L out \＆around to touch L behind R，sweep L out \＆around to step L forward，
5－6 Sweep $R$ out \＆around to step $R$ across $L, 1 / 4$ turn $R$ stepping $L$ back，（03：00）
7\＆8 Step R back，step L beside，step R forward，
［9－16］Charleston，sweep forward， $1 / 4$ turn R，coaster step，
1－2 Sweep $L$ out \＆around to touch in front of $R$ ，sweep $L$ out \＆around to step $L$ behind $R$ ，
3－4 Sweep $R$ out \＆around to touch $R$ behind $L$ ，sweep $R$ out \＆around to step $R$ forward，
5－6 Sweep $L$ out \＆around to step $L$ across $R, 1 / 4$ turn $R$ stepping $R$ back，（06：00）
7\＆8 Step $L$ back，step $R$ beside，step $L$ forward，

[^0][9-16] Coaster step, step forward, $1 / 4$ turn $L$, cross, $1 / 4$ turn $R$ clap hands, $1 / 2$ turn $R$ clap hands, mambo step,
[17-24] Toe struts backwards, coaster step, charleston,
Step L toe back, drop L heel, Step $R$ back, step $L$ beside, step $R$ forward, Sweep L out \& around to touch in front of $R$ (turn both heels in), turn both heels out,sweep L out \& around to step L behind R (turn both heels in)
Turn both heels out,
Sweep R out \& around to step R behind L (turn both heels in), turn both heels out, sweep R out \& around to touch in front of $R$ (turn both heels in),
\& Turn both heels out,
[25-32] Toe struts, coaster step, shuffle $1 / 2$ turn $L$, coaster step,
1\& Step $L$ toe across $R$, drop $L$ heel,

## 2\&

3\&4
5\&6
7\&8
Part D
[1-8] Walk R,L, mambo step, walk backwards $L, R$, sailor step $1 / 4$ turn $L$,
1-2 Step $R$ forward, step $L$ forward,
3\&4 Rock $R$ forward, recover onto $L$, step $R$ beside,
5-6 Step $L$ back, step $R$ back,
$7 \& 8 \quad 1 / 4$ turn $L$ cross $L$ behind $R$, step $R$ to $R$ side, step $L$ forward,(03:00)
[9-16] Walk $R, L$, mambo step, walk backwards $L, R$, sailor step $1 / 4$ turn $L$, 1-2 Step $R$ forward, step $L$ forward,
3\&4 Rock $R$ forward, recover onto $L$, step $R$ beside,
5-6 Step L back, step $R$ back, $7 \& 8 \quad 1 / 4$ turn $L$ cross $L$ behind $R$, step $R$ to $R$ side, step $L$ forward,(12:00)


[^0]:    Part C
    ［1－8］Shuffle $R$ diagonal $R$ forward，scuff，shuffle L diagonal $L$ forward，traveling toe－heel swivels，chasse， 1\＆2

    Step $R$ diagonal $R$ forward，close $L$ beside，step $R$ diagonal $R$ forward，

