

Feelings (P)

拍数: 64 墙数: 0 级数: Improver - 2S Partnerdance
编舞者: Conny Gasberg (DK) - November 2012
音乐: Listen to Your Senses - Alan Jackson : (CD: Good Time)



Intro: 4x8 counts - Sweet Heart position.

Sektion 1: Toestruts Jazzbox

1 - 2 Cross right toe over left, Drop right heel taking weight
3 - 4 Step left toe backwards, Drop left heel taking weight
5 - 6 Step right toe to right side, Drop right heel taking weight
7 - 8 Step left toe forward, Drop left heel taking weight

Sektion 2: Lockstep right, Hold, Right ¼, Cross, hold

1 - 2 Step right forward, Lock left behind right
3 - 4 Step right forward, Hold
5 - 6 Step left forward, ¼ turn right
7 - 8 Cross left over right, Hold (Indian position)

Sektion 3: Side rock right together hold, Side rock left together, Hold

1 - 2 Rock right to right side, Recover on left
3 - 4 Step right next to left, Hold
5 - 6 Rock left to left Side, Recover on right
7 - 8 Step left next to right, Hold

Sektion 4: Shuffle ¼ turn right, Hold, Step ¼ turn left, Cross, Hold

1 - 2 Step right ¼ turn right, Step left next to right
3 - 4 Step right forward , Hold
5 - 6 Step left forward, Turn ¼ right
7 - 8 Cross left over right, Hold (Reverse Indian)

Sektion 5: Side rock cross, Side rock ¼ turn, Step

1 - 2 Rock right to right side, Recover on left
3 - 4 Cross right over left, Hold
5 - 6 Rock left to left side, Recover on right turning ¼ right
7 - 8 Step left forward, Hold

Sektion 6: Right forward rock, Recover, Right back step, Left back rock, Recover, Left step forward.

1 - 2 Rock forward on right, Recover on left
3 - 4 Rock back on right, Hold
5 - 6 Rock back on left, Recover on right
7 - 8 Step left forward, Hold

Sektion 7: Right lockstep, Left lockstep

1 - 2 Step right forward, Lock left behind right
3 - 4 Step right forward, Hold
5 - 6 Step left forward, Lock right behind left
7 - 8 Step left forward, Hold

Sektion 8 Man: Shuffle forward, Lady: 2 half turn shuffle left

Man Lady

1 - 2 Step right forward, Step left next to right 1- 2 Shuffle right-left ¼
3 - 4 Step right forward , Hold 3 - 4 Right 1/4 turn right, Hold

5 - 6 Step left forward, Step right next to left 5 - 6 Shuffle left-right $\frac{1}{4}$
7 - 8 Step left forward, Hold 7 - 8 Left $\frac{1}{4}$ turn left, Hold

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