

What A Feeling

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Penny Tan (MY) - December 2013
音乐: Flashdance...What a Feeling - Irene Cara



Note : Dance Intro after 16 counts from the music (start on vocal)

Dance Intro: 72 counts (dance once)

[1 – 8] RF Side, Hand Movement, Back Rock Recover

- 1-2-3-4 Step RF to R side with move R hand straight to R side(1),up R hand above the head on 3 counts and slowly recover on LF
- 5-6 Down R hand with make a ½ circle beside your L side face and straight to R side with recover on RF
- 7-8 Step back on LF (R hand down), recover on RF

[9 -16] Repeat [1 – 8] On LF Side

[17-24] Fwd Pivot ½ Turn (x2)

- 1-2-3-4 Step fwd on RF on 2 counts, make a pivot ½ turn to L (6.00) on 2 counts
- 5-6-7-8 Step fwd on RF on 2 counts, make a pivot ½ turn to L (12.00) on 2 counts

[25-32] Side, Sway Hips, Touch

- 1-2-3-4 Step RF to R side with sway hips to R, L, R, L
- 5-6-7-8 Sway hips to R, L, R ,L with touch RF beside LF

[33-40] Repeat [1 – 8]

[41-48] Repeat [9 -16]

[49-56] Repeat [17-24]

[57-64] Repeat [25-32]

[65-72] Fwd Touch Together (x2), Hands & Body Movement

- 1-2-3-4 Touch fwd on RF, step RF beside LF, touch fwd on LF, step LF beside RF
- 5-6-7-8 Put both hands near to the ears with body movement on 4 counts

Main Dance 32 Counts

[1 – 8] Fwd Shuffle (x2), Jazz Box ¼ Turn

- 1&2 Step fwd on RF, step LF beside RF, step fwd on RF
- 3&4 Step fwd on LF, step RF beside LF, step fwd on LF
- 5-6-7-8 Cross RF over LF, step back on LF, step RF to R side with make a ¼ turn to R(3.00), cross LF over RF

[9 -16] Cross Rock Recover, Side Chasse, Fwd Rock Recover, ¾ Triple Turn (6.00)

- 1-2-3&4 Cross RF over LF, recover on LF, step RF to R side, step LF beside RF, step RF to R side
- 5-6 Step LF fwd, recover on RF
- 7&8 Step Back on LF make a ½ turn to L(9.00), step RF beside LF, make a ¼ turn to L(6.00) with step LF fwd

[17-24] Fwd Shuffle, Walks Step, Fwd Shuffle, Fwd Rock Recover

- 1&2-3-4 Step fwd on RF, step LF beside RF, step RF fwd, walks fwd on LF, RF
- 5&6-7-8 Step fwd on LF, step RF beside LF, step LF fwd, step RF fwd, recover on LF

[25-32] Back Rock Recover, ½ Turn Back Shuffle, Back Rock Recover, ¼ Turn Side Chasse

1-2 Step back on RF, recover on LF,

3&4 Step fwd on RF with make a ½ turn to L(12.00), step LF beside RF, step back on RF

5-6 Step back on LF, recover on RF

7&8 Make a ¼ turn to R(3.00) with step LF to L side, step RF beside LF, step LF to L side

Dance again!

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