

Fight The Feelings

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Trevor Thornton (USA) - October 2015
音樂: Feelings - Maroon 5 : (iTunes)



Count In: 32 count Intro

[1 – 8] □ DOROTHY STEP R, ¼ TURN R, ½ HITCH, ¼ R TRIPLE, ½ TURN TRIPLE □

- 1 - 2 & Step fwd on diagonal R (1), step L behind R (2), step R to R (&) □ 12:00
3 - 4 ¼ turn R stepping L to L (3), ½ turn R hitching right knee up (4) □ 9:00
5 & 6 ¼ turn R stepping R to R (5), step L next to R (&), step R to R (6) □ 12:00
7 & 8 ½ turn R stepping back on L (7), step R next to L (&), step back on L (8) □ 6:00

Styling □ On count 4, try to really make that hitch “hit” very crisp. □

[9 – 16] □ ¼ TURN SIDE ROCK R, WEAVE L, ROCK, RECOVER ¼ SAILOR □

- 1 - 2 ¼ turn R rocking R to R (1,) recover weight onto L (2) □ 9:00
3 & 4 Step R behind L (3), step L to L (&), cross R over L (4) □ 9:00
5 - 6 Step L swaying L (5), Recover R to R swaying R (6) □ 9:00
7 & 8 Step L behind R (7), ¼ turn L stepping back on R (&), step fwd on L (8) □ 6:00

Re-Start here on wall 4

[17 – 24] □ HEEL SWITCHES, ½ SLIDE TOGETHER, HEEL SWITCHES, ¼ L TURN SLIDE □

- 1 & 2 R heel fwd (1), step R next to L (&), L heel fwd (2) □ 6:00
& 3 4 Step L next to R (&), ½ turn L stepping back on R (3), slide L next to R (4) □ 12:00
5 & 6 L heel fwd (5), step L next to R (&), R heel fwd (6) □ 12:00
& 7 - 8 Step R next to L (&), making ¼ turn R, slide to the L with L (7), drag R next to L (8) □ 3:00

Styling □ Heel switches are quick, but don't rush, feel with music! Your upper body should shadow or follow your feet □

[25 – 32] □ HIP BUMP X2, CROSS POINT, SIDE POINT, BACKWARDS PADDLE ½ R □

- 1 - 2 Touch R fwd on R diagonal as you bump R hip fwd (1), bump hip fwd taking weight on R (2)
□ 3:00
3 - 4 Touch L fwd on L diagonal as you bump L hip fwd (3), bump hip fwd taking weight on L
(4) □ 3:00
5 - 6 Cross and point R toe in front of L (5), point R to R side (6) □ 3:00
7 - 8 Making a ¼ turn R, pivot on L foot to paddle R to R (7), repeat (8) □ 9:00

TAG: □ Happens at the end of the 8th wall ; CROSS ROCK RECOVER x2 □

- 1 & 2 Cross R over L (1), rock L to L (&), recover weight to R (2) □ 6:00
3 & 4 Cross L over R (3), rock R to R (&), recover weight to L (4) □ 6:00

Be prepared for this, timing is specific!

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