

I Feel Forever

拍數: 64 牆數: 4 級數:
編舞者: Erica de Vaan (NL) - November 2015
音樂: I Feel Forever - Greg Holland



Intro: 32 counts (starting from beats) (Note: dance starts 2 counts before singing)

S1: Side, rock step, chassé R, rock step, chasse L

1 LF step L
2 – 3 RF rock back – recover on L
4 & 5 RF step R – LF close – RF step R
6 – 7 LF rock fwd – recover on R
8 & 1 LF step L – RF close – LF step L

S2: Rock step, shuffle fwd, shuffle 1/2 turn R (x2),

2 – 3 RF rock back – recover on L
4 & 5 RF step fwd – LF close – RF step fwd
6 & 7 LF step ¼ R – RF close – LF step ¼ R
8 & 1 RF step ¼ R – LF close – RF step ¼ R

(Option count 4 - 1: 3x shuffle fwd)

S3: Rock step, step back, slide, rock step, shuffle fwd

2 – 3 LF rock fwd – recover on R
4 – 5 LF step back – RF slide to LF
6 – 7 RF rock back – recover on L
8 & 1 RF step fwd – LF close – RF step fwd

S4: Pivot 1/4 R, cross, hold, hip sways, chassé R

2 – 3 LF step fwd – LV&RV ¼ turn R
4 – 5 LF cross over – Hold
6 – 7 RF step R and sway hip R – L
8 & 1 RF side step – LF close – RF side step

Restart in the 5th wall: [3] (you can hear it in the music, different melody)

Dance count 6 - 7 from section 4 and finish with:

8 Sway hip to the R

Start over with the dance:

1 LF step L

S5: Points, coaster step 1/4 L, walk R L, shuffle fwd

2 – 3 LF touch fwd – LF touch L
4 & 5 LF ¼ L step back – RF close – LF step fwd
6 – 7 RF step fwd – LF step fwd
8 & 1 RF step fwd – LF close – RF step fwd

S6: Rock step, sailor step (x2), sailor step 1/4 L

2 – 3 LF rock fwd – recover on R
4 & 5 LF cross behind – RF step out – LF step out
6 & 7 RF cross behind – LF step out – RF step out
8 & 1 LF cross behind ¼ L – RF step out – LF step out

S7: Paddle with hiproll 3x in 1/2 turn L, shuffle fwd

2 – 3 RF step fwd on ball – weight back on LF 1/6 L

4 – 5 RF step fwd on ball – weight back on LF 1/6 L
6 – 7 RF step fwd on ball - weight back on LF 1/6 L
8 & 1 RF step fwd – LF close – RF step fwd

Paddle turn: roll your hips

S8: Rock step, step back, slide, slow coaster cross

2 – 3 LF rock fwd – recover on R
4 – 5 LF step back – RF slide to LF
6 – 7 RF step back – LF close
8 RF cross over

START AGAIN! (1 LF step L)

Tag: Do the dance 2x competely [6] and then add this Tag (12 counts):

Side, rock step, chassé ¼ R, step, pivot ½ R, ¼ R chassé L, Step R, slide

1 LF step L
2 – 3 RF rock back – recover on L
4 & 5 RF step R – LF close – RF step ¼ R
6 – 7 LF step fwd – LV&RV turn ½ R
8 & 1 LF ¼ R step L – RF close – LF step L
2 – 3 – 4 RF big step R – LF slide to RF (2 counts)

Start the dance again [6]

Finish: the dance ends in the 7th wall [6] :

***After the sailorsteps (count 6 & 7 section 6), dance a sailorstep**

***1/2 turn L [12], RF rock fwd, recover on L, RF slide across**

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