

Funk N Feel It

COPPER KNOB
BY STEPHEN BRETZ

拍數: 48

牆數: 4

級數: Intermediate / Advanced - Funky
WCS feel



編舞者: Rachael McEnaney (USA) & Arjay Centeno (USA) - June 2016

音樂: Feel It (feat. Mr. Talkbox) (Radio Mix) - TobyMac : (Single - iTunes)

Count In: 16 counts from when the beat kicks in, the dance begins after you hear "1,2 3, 4".

Notes: There is 1 Tag during after 16 counts during the 6th wall –
You will be facing 6.00 for the Tag then start again.

[1 – 8] SIT WITH HIP BUMPS, L BALL, R FWD, L KICK BALL, R POINT, R CLOSE, L KICK/SWING, ¼ TURN L HITCH, PUSH SLIDE, KNEE POP

- & 1 Begin dance with L foot already stepped forward. Bend both knees (&), with knees bent push hips back (weight R) (1), 12.00
- & 2 & 3 Push hips forward (&), straighten knees keeping weight back on R (2), step ball of L next to R (&), step forward R (3) 12.00
- 4 & 5 & 6 Kick L forward (4), step L next to R (&), point R to right side (5), step R next to L (&), swing L leg out to left side (like a low kick) (6) 12.00
- & 7 Make ¼ turn left as you hitch L knee (&), touch L toe next to R pushing down on ball of L as you slide R foot back (7) 9.00
- 8 Drop L heel to floor as you pop R knee forward (8) 9.00

[9 – 16] R FWD WITH L SWEEP, L CROSS, R BACK, ½ TURN L, R FWD, OUT-OUT (L-R), 2X CHUGS FORWARD, STEP L WITH R LEG SWING

- 1 2 Step forward R as you sweep L (from back to front) (1), cross L over R (2), 9.00
- 3 & 4 Step back R (3), make ½ turn left stepping forward L (&), step forward R (4) 3.00
- & 5 Step L to left side (slightly forward) (&), step R to right side (5), 3.00
- 6 7 Lift both heels off floor and drop them down as you slide/push toes forward slightly (6), repeat count 6 (7)
- (Easy option: just lift heels and drop heels to floor without the chug because the chug barely moves forward) 3.00
- 8 Step L in towards R as you swing R leg out to right side (like a kick/sweep) (8) 3.00

TAG: The 6th wall begins facing 3.00: dance up to count 16 (now facing 6.00) then add the following TAG, then start the dance again:

Cross R over L (1), step back L (2), step R to right side (3), place L foot forward but have weight balanced between both feet (4)

TAG: 6.00

[17 – 24] WEAWE WITH KNEE POPS, R CROSS, L SIDE, R BEHIND, L SIDE, R TOUCH, R SIDE, L TOUCH

- 1 2 Cross R over L as you pop L knee forward (1), step L to left side as you pop R knee forward (2), 3.00
- 3 4 Cross R behind L as you pop L knee forward (3), step L to left side as you pop R knee forward (4) 3.00
- 5 & 6 Cross R over L (5), step L to left side (&), cross R behind L (6) 3.00
- & 7 & 8 Step L to left side (&), touch R next to L (7), step R to right side (&), touch L next to R (8) 3.00

[25 – 32] L PRESS WITH KNEE POPS 'OUT-IN-OUT', L SLIDE, L BALL, R CROSS, ¾ L TURN WALKING L-R-L, 2 JUMPS

- 1 & 2 Press ball of L out to left side as you pop L knee out to left (1), pop L knee in toward R (&), pop L knee out to left (2) (weight ends L) 3.00
- 3 & 4 Transfer weight R as you slide L in towards R (3), step ball of L slightly behind R (&), cross R over L (4) 3.00

5 6 7 (walk in a circle) Make ¼ turn left stepping forward L (5), make ¼ turn left stepping forward R (6), make ¼ turn left stepping forward L (7) 6.00
& 8 Jump forward slightly with both feet (&), jump forward slightly with both feet (8) (Easy option: Step R next to L (&), step forward L (8) 6.00

[33 – 40] R MAMBO FWD, L MAMBO BACK, R SIDE ROCK, R CROSS, L SIDE BALL ROCK, L CROSS

1&2 3&4 Rock forward R (1), recover weight L (&), step slightly back R (2), rock back L (3), recover weight R (&), step slightly forward L (4) 6.00

5&6&7 8 Rock R to right side (5), recover weight L (&), cross R over L (6), rock ball of L to left side (&), recover weight R (7), cross L over R (8) 6.00

[41 – 48] R SIDE, L TOUCH, ¼ TURN L SIDE, R TOUCH, R KICK-HOOK-KICK-FLICK, R KICK BALL STEP

1 2 3 4 Step R to right side (big step) (1), touch L next to R (2), make ¼ turn L stepping L to left side (big step) (3), touch R next to L (4) 3.00

5&6& Kick R forward (5), hook R in front of L shin (&), kick R forward (6), flick R foot back (&) 3.00

7 & 8 Kick R forward (7), step R next to L (&), place L foot forward but have weight balanced between both feet (8) 3.00

Rachael : www.dancewithrachael.com - dancewithrachael@gmail.com

Tel: +1 407-538-1533 - +44 7968181933

Arjay: funkypatterns@yahoo.com
