

# Feelings

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Conny Gasberg (DK) - October 2017  
音樂: Listen to Your Senses - Alan Jackson



Intro : 4 x 8 counts

## Sektion 1: Toe struts Jazz box

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 1/4 cross, hold

1 - 2      Step right forward, lock left behind right  
3 - 4      Step right forward , hold  
5 - 6      Step left forward, 1/4 turn right  
7 - 8      Cross left over right, hold

## 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 1/4 turn right, hold, step 1/4 turn left cross, hold

1 - 2      Step right 1/4 turn right, step left next to right  
3 - 4      Step right forward, hold  
5 - 6      Step left forward, turn 1/4 right  
7 - 8      Cross left over right, hold

## Sektion 5: Side rock cross, side rock 1/4 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 1/4 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: Step 1/2 turn left, touch, side rock touch, hold

1 - 2      Step forward on right , 1/2 turn left  
3 - 4      Tugh right to left, hold

5 – 6            Rock right to right side recover on left  
7 – 8            Tuch right to left, hold

**Contact: [connygasberg@gmail.com](mailto:connygasberg@gmail.com)**

---