

Feels With Me

拍數: 64 牆數: 4 級數: Phrased Improver
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音樂: Feels by Calvin Harris



Sequence: AA AA AA BB AA
Dance begins on Main vocal

A. 32 counts

A1: Walk Forward R L, out – out, Ball cross, side touch, back touch

1 2 Walk forward R L
&3 RF step R, LF step L
&4 RF step back to centre, LF crossover RF
5 6 R slide Right, L touch beside R
7 8 L step back, R touch beside L

A2: Hip bump/toe strut R L, Kick Ball Touch R L

1 & 2 Step ball of R diagonal R and bump hip Right(1), Bump hip Left (&), Step R down and bump hip Right (2)
3 & 4 Step ball of L diagonal L and bump hip Left (1), Bump hip Right (&), Step L down and bump hip Left (2)
5&6 Kick RF, step R in place, touch LF in left side
7&8 Kick LF, step L in place, touch RF in right side

A3: Rock Recover, ½ turn R shuffle, Out-out,in in, swivel

1 2 Rock R forward, recover on L
3&4 ¼ turn R step R to right side, step L next to R, ¼ turn R step R forward
5 6 L out, R out
&7 L step back to centre, R step close beside L
&8 Twist Heels to R – L

A4: Cross Rock, Recover, Cross Shuffle, ¾ turn L walk L R Forward shuffle

1 2 L cross rock, Recover on R
&3 Step L side, R cross LF
&4 Step L side, R cross over LF
5 6 ¾ turn L, Step L R
7&8 step LF, step R next to L, step L forward

B. 32 counts

B1: Hitches (arms) out x2, In Step, Press, Knee

1&2& Hitch R(1), Step R to R side (&) Hitch L (2), Step L to L side
3&4& Hitch R(3), Touch R down to R side (&), Hitch R (4), Step R to R side (&)
5 6 Step L Back Diagonal Body Wave, Touch R next to L
7 8 Step R Back Diagonal Body Wave, Step L next to R

B2: Side Touch, Close,Side Touch, Close,Side Touch, Knee in-out, Sailor, Sailor ½ turn

1&2& R Side Touch, close R next to L, L Side Touch, close L next to R
3&4 R Side Touch, R Knee in – out
5&6 R Cross Behind L, L step L side, R step R side
7&8 turn ½ left, L Cross Behind R, R Step R side, L step L side

B3: Step Forward, Hitch, Coaster step, Side Steps Right (with Knee Pops), Side Steps Left (with Knee Pops)

1 2 Step R Forward, Hitch on L

3&4 Step L Back, Step R close to L, Step L Forward
5 Step R to R on ball of both feet and knee pop both knees out
& Step L next to R on ball of both feet and close knees
6 Step R to R on ball of both feet and knee pop both knees out
& Step L next to R on ball of both feet and close knees
7 Step L to L on ball of both feet and knee pop both knees out
& Step R next to L on ball of both feet and close knees
8 Step L to L on ball of both feet and knee pop both knees out
& Step R to L on ball of both feet and knee pop both close knees

B4: Pivot ½ , Pivot ½ , V Step

1 2 Step R forward, turn ½ L , Step L Forward
3 4 Step R forward, turn ½ L , Step L Forward
5 6 Step R Diagonal Forward, Step L Diagonal Forward
7 8 Step R Back to centre, Step L close beside R

Thank you and have fun

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