

# This Feeling

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Improver  
編舞者: Joe Sexton (USA) - February 2018  
音樂: This Feeling - Abby Anderson



## Start After 16 Counts – 2 Tags

### [1-8] Step-Lock-Step (x2), Mambo Step, Back Step w/knee pop (x2)

1&2            Step Forward R. – Lock L. behind Right – Step R. Forward  
3&4            Step Forward L. – Lock R. behind Left – Step L. Forward  
5&6            Rock Fwd. on R. – Recover Back on L. – Step Back R. / popping L. knee up  
7-8            Step Back L. / popping R. knee up– Step Back R. / popping L. knee up

### Beginner Option – No knee pops

### [9-16] Left Coaster Step, Right Scissor Step, Left Scissor Step, 1/2 Hinge Turn

1&2            Step Back L. – Step R. beside L. – Step Forward L.  
3&4            Rock R. to Right Side – Recover on Left – Cross R. over Left  
5&6            Rock L. to Left Side – Recover on Right – Cross L. Over Right  
7-8            Step R. to Right Side making a 1/4 turn Left, Step Back L. making ¼ turn Left (6:00)

### [17-24] R. Heel-L. Heel-R.-Touch, Hold, Lindy Right

1&2&            Touch R. Heel Fwd. – Step R. beside L. – Touch L. Heel Fwd. – Step L. beside R.  
3-4            Touch R. Toe beside L., Hold  
5&6            Step R. to Right Side – Step L. beside R. – Step R. to Right Side  
7-8            Cross Rock L. behind R., Recover on R.

### [25-32] Lindy Left, R. Heel-L. Heel-R.-Touch

1&2            Step L. to Left Side – Step R. beside L. – Step L. to Left Side  
3-4            Cross Rock R. behind L., Recover on L.  
5&6&            Touch R. Heel Fwd. – Step R. beside L. – Touch L. Heel Fwd. – Step L. beside R.  
7-8            Touch R. Toe beside L., Scuff Right Heel Forward

## START AGAIN and HAVE FUN!!!

### TAG: Shuffle Forward, Step, ½ Pivot Turn, Shuffle Forward, Full Spin to Left

1&2            Shuffle Forward Right – Left – Right  
3-4            Step Forward on L., Pivot ½ turn stepping Forward on R. (12:00)  
5&6            Shuffle Forward Left – Right – Left  
7-8            Step Forward R. spinning ½ turn to Left, Step Back L. spinning ½ turn to left (12:00)

### Beginner Option – Two steps forward (Right, Left) without the spin.

Tag after Wall 2 & 4. You will be facing the opposite direction at the end of the Tag as when you started

Contact: [jsexton@independencecorr.com](mailto:jsexton@independencecorr.com)