

You Make Me Feel

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Rhoda Lai (CAN) - March 2018
音樂: Make Me Feel - Janelle Monáe : (3:15)



(Special Thanks to Louis St. George for the clean version)

Intro: 16 counts - Sequence: AAB, AAB, AAB, Tag, AA
Notes: B happens only facing 12:00

A(32)

SA1: L Heel Twists L R L R L, R Ball-cross, R Monterey ½ R

1234 Twist L heel to L putting weight on L, twist L heel to R recovering weight on R, repeat 1, 2
56& Twist L heel to L, step on the ball of R beside L, cross L over R
78 Point R to R side, drag and step R beside L while turning ½ R (6:00)

SA2: L Kick-and-touch, R Side, L Behind, (¼ L Heel Bounce) x3, R Kick, R Together

1&2 Kick L to L diagonal, step L in place, touch R behind L
34 Step R to R side, tuck L behind R
567 (Bounce both heels with ¼ L) X 3 (9:00)
8& Kick R forward, step R beside L

SA3: Hip Rolls Forward L R, L Rocking Chair, L Forward, ½ L Hitch R

12 Touch L toes forward rolling L hips counter-clockwise, step L in place
34 Touch R toes forward rolling R hips clockwise, step R in place
5&6& Rock forward L, recover onto R, rock back L, recover onto R
78 Step forward L, ½ L hitch R (3:00)

SA4: R Big Step Back-drag L, L Ball, R Cross Shuffle, ¼ L, ¼ L, ¼ L, R Side

12 Take a big step back on R, drag L heel towards R
&3&4 Step on the ball of L beside R, cross R over L, step L to L side, cross R over L
56 ¼ L stepping forward L, ¼ L stepping back R (9:00)
78 ¼ L stepping forward L, step R to R side (6:00)

B(32)

SB1: L Side-behind-side, R Cross, ¾ R, L Forward-pivot ¼ R

12&3 Step L to L side, step R behind L, step L to L side, cross R over L
4a5 Start turning ¼ R stepping back L while lifting R, continue lifting R for another ½ R
678 Finish the turn by stepping forward R, step forward L, pivot ¼ R (12:00)

SB2: L Cross-side-behind, ¼ R, Hold, L Forward-sweep, R Jazz Box ¼ R

12&3 Cross L over R, step R to R side, step L behind R, ¼ R stepping forward R,
4a5 hold, step forward L, sweep R from back to front (3:00)
678 Cross R over L, ¼ R stepping back L, step R to R side (6:00)

SB3: L Cross-recover-and-R Cross, Hold, ¾ R, L Forward-pivot ¼ R

12&3 Cross L, recover onto R, step L beside R, cross R over L
4a5 Start turning ¼ R, stepping back L while lifting R, continue lifting R for another ½ R
678 Finish the turn by stepping forward R, step forward L, pivot ¼ R (6:00)

SB4: L Cross-side-close, R Cross unwind ½ L, R Shoulder shrugs

123 Cross L over R, step R to R side, step L beside R
456 Cross R over L, unwind ½ L (weight on R), hold (12:00)

7 8 R shoulder shrug X 2

Note: Try to hit the accents of the music and not to strictly follow the counting in S1-3 of B. It is easier that way!

At the end of the 3rd B (facing 12:00), add this Tag: 1234: hold for 4 counts

Contact: rhoda_eddie@yahoo.ca - 1(647) 295-3833 - www.laidance.net

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