

It Feels Electric

拍數: 64 牆數: 2 級數: Improver
編舞者: Esmeralda van de Pol (NL) - November 2018
音樂: It Feels Electric - Zachary Kibbee



Intro: 48 counts

TOE STRUT, TOE STRUT CROSS, SIDE ROCK, CROSS ROCK

1-2 Touch R toe to R side, Drop R heel down
3-4 Touch L toe across RF, Drop L heel down
5-6 Rock RF to R side, Recover weight on LF
7-8 Rock RF across LF, Recover weight on LF

TOE STRUT, TOE STRUT CROSS, SIDE ROCK, CROSS, HOLD

1-2 Touch R toe to R side, Drop R heel down
3-4 Touch L toe across RF, Drop L heel down
5-6 Rock RF to R side, Recover weight on LF
7-8 Cross RF over LF, Hold

RUMBA BOX

1-2 Step LF to L side, Step RF next to LF
3-4 Step LF back, Hold
5-6 Step RF to R side, Step LF next to RF
7-8 Step RF fwd, Hold

SHUFFLE FWD, HOLD, MAMBO STEP FWD, HOLD

1-2 Step LF fwd, Step RF next to LF
3-4 Step LF fwd, Hold
5-6 Rock RF fwd, Recover weight on LF
7-8 Step RF back, Hold

TOE STRUT BACK X2, BACK ROCK, SIDE ROCK

1-2 Touch L toe back, Drop L heel down
3-4 Touch R toe back, Drop R heel down
5-6 Rock LF back, Recover weight on RF
7-8 Rock LF to L side, Recover weight on RF

CROSS, SIDE ROCK, HOLD, CROSS, ¼ TURN R X2, HOLD

1-2 Cross LF over RF, Rock RF to R side
3-4 Recover weight on LF, Hold
5-6 Cross RF over LF, ¼ turn R-Step LF back
7-8 ¼ turn R-step RF to R side, Hold

CROSS ROCK, SIDE ROCK, STAP BACK SWEEP X2

1-2 Rock LF across RF, Recover weight on RF
3-4 Rock LF to L side, Recover weight on RF
5-6 Step LF back, Sweep RF
7-8 Step RF back, Sweep LF

TOUCH, KICK, TOUCH, KICK, BEHIND SIDE CROSS, HOLD

1-2 Touch LF next to RF, Kick LF in L diagonal fwd
3-4 Touch LF next to RF, Kick LF in L diagonal fwd

5-6 Step LF behind RF, Step RF to R side
7-8 Cross LF over RF, Hold

Dance With Esmeralda

Esmeralda v.d. Pol

www.esmeralda-dancers.com

info@esmeralda-dancers.com
