

Feel it Still

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Laura Rittenhouse (AUS) - July 2019
音樂: Feel It Still - Portugal. The Man



Start with "self" at 12 seconds

WALK FORWARD, MAMBO

1,2,3,4 Walk forward 3 steps (R,L,R), Hold
5,6,7,8 Rock forward L, Recover back R, Step L beside R, Hold

WALK BACK, MAMBO

1,2,3,4 Walk back 3 steps (R,L,R), Hold
5,6,7,8 Rock back L, Recover forward R, Step L beside R, Hold

CROSS MAMBOS

1,2,3,4 Rock crossing R over L, Recover back on L, Step R beside L, Hold
5,6,7,8 Rock crossing L over R, Recover back on R, Step L beside R, Hold

HEEL BOUNCE TURN

1,2,3,4 Rise up on toes & bounce on heels (1), Hold (2), Turn slightly to L (11:00) while rising up on toes & bouncing on heels (3), Hold (4)
5,6,7,8 Turn slightly to L (10:00) while rising up on toes & bouncing on heels (5), Hold (6), Turn slightly to L (9:00) while rising up on toes & bouncing on heels (7), Hold (8)