

Feelin' a Way

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Cody James Lutz (USA) - August 2019
音樂: I'm Not Alright - Loud Luxury & Bryce Vine



#16 Count Intro.

(1-8) CROSS, POINT (x2), BEHIND, POINT (x2)

1234 Cross R over L, point L to L side, cross L over R, point R to R side (12)
5678 Cross R behind L, point L to L side, cross L behind R, point R to R side (12)

(9-16) COASTER, STEP, ½ PIVOT, ¼-TURN PRESS, REC, COASTER-CROSS

1&2 Step back on R, step L together with R, step fwd on R (12)
3 4 Step fwd on L, pivot ½ turn R taking weight on R (6)
5 6 Make a ¼ turn R pressing L to L side, recover weight to R (9)
7&8 Step back on L, step R together with L, cross L slightly over R (9)

(17-24) TURNING HIP BUMPS

1&2 Make a ⅛ turn R touching R toe toward diagonal bumping R hip fwd, back, fwd (10:30)
3&4 Make a ½ pivot L shifting weight to L toe bumping L hip fwd, back, fwd (7:30)
5&6 Step fwd on R toe bumping R hip toward diagonal fwd, back, fwd (7:30)
7&8 Make a ½ pivot L taking weight on L toe bumping L hip fwd, back, fwd (10:30)

(Note: The hip bumps should all go toward the diagonals, but don't worry about keeping your toe/body square to the diagonals. Allow your body to angle so you're almost bumping your hips to the side a bit, or whatever feels comfortable. The transitions should feel smooth. I like to keep this part mild during the verses, and more emphatic during the chorus! Have fun with it!)

(25-32) 1/8-TURN JAZZ BOX, STEP, ½ PIVOT, ¾ PADDLE TURN

1234 Cross R over L, make a 1/8 turn R stepping back on L, step R to R, step fwd on L (12)
5 6 Step fwd on R, make a ½ turn pivot L taking weight on L (6)
7 8 Make a ¾ paddle-turn L over two counts by pressing R foot to R side once, twice (9)

NO TAGS, NO RESTARTS!

Last Update - 20 Aug. 2019