

Looks & Feels

拍數: 32 牆數: 4 級數: Improver
編舞者: Holly Gilligan (CAN) - November 2019
音樂: Feels Like Rock 'n Roll - Bouke : (CD: For the Good Times)



Introduction: 16 counts

STAIRS

1&2 Step R to right side, close L to R, turn ¼ right, take weight on R
(chasse ¼ right)
3&4 Step L to left side, close R to L, turn ¼ left, take weight on L
(chasse ¼ left)
5&6 Step R to right side, close L to R, turn ¼ right, take weight on R
(chasse ¼ right)
7&8 Step L to left side, close R to L, turn ¼ left, take weight on L

½ STRUT, TOE STRUT, FORWARD MAMBO, SIDE ROCK, CROSS, ¼ LEFT COASTER

1& Touch ball of R forward, turn ½ left, lower heel taking weight on R
2& Touch ball of L forward, lower heel taking weight on L
3&4 Rock forward on R, recover on L, step back on R
5&6 Rock to the left side on L, recover on R, cross step on L in front of R
7&8 Step ¼ left back on R, close L, step forward on R

POINTS, BACK WEAVE, BACK RHUMBA BOX WITH TURNS

1-2 Point L toe forward, point L toe side
3&4 Step L behind R, step R to right side, cross step on L in front of R
5&6 Step R to right, close L to R, Step back ¼ left on R
7&8 Step L to left, close R to L, step forward ¼ left on L

FORWARD MAMBO, COASTER, FORWARD ROCKS WITH TURNS

1&2 Rock forward on R, recover on L, step back on R
3&4 Step back on L, close R to L, step forward on L
5&6 Rock forward on R (gently, do not overdo it), recover on L, turn ¼ right taking weight on R
7&8 Rock forward on L (again, gently), recover on R, turn ¼ left taking weight on L.

REPEAT

ENJOY!

Last Update - 5 Dec. 2019