

# This Is How I Feel

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BYEPODNETS

拍數: 32      牆數: 1      級數: Beginner  
編舞者: Sisters Buttons (LAT) - February 2020  
音樂: This Is How I Feel - BrainStorm & Daddy Was a Milkman



**INTRO: 32 counts in on vocals**

## **WALK R, L, SHUFFLE FORWARD, WALK L, R, SHUFFLE FORWARD**

1-2            Step forward on R, Step forward on L  
3&4           Step forward on R, Close L, step forward on R  
5-6           Step forward on L, Step forward on R  
7&8           Step forward on L, Close R, step forward on L

## **PIVOT TURN ½ LEFT, SHUFFLE BACK ½, WALK BACK L, R COASTER STEP**

1-2            Step forward R, pivot ½ left  
3&4           ½ R shuffle back – step back on R, Close L next to R, Step back on R (12:00)  
5-6           Walk back L, walk back R  
7&8           Step L back, step R next to L, forward on L (12:00)

## **SIDE R, TOUCH L, SIDE L, TOUCH R, FULL TURN RIGHT, R SIDE SHUFFLE**

1-2            Step R to right side, touch L next to R  
3-4            Step L to left side, touch R next to L  
5-6            Full turn right stepping R L (12:00)  
7&8            Step side on R, Close L next to R, Step side on R

## **ROCK CROSS, RECOVER, SLIDE L, TOUCH R, R SAILOR STEP, L SAILOR STEP**

1-2            Rock cross on L, recover onot R  
3-4            Slide L on left side, touch R next to L  
5&6           Right Sailor step – Cross R behind L, Step L to left, Step R to right side  
7&8            Left Sailor step – Cross L behind R, Step R to right, Step L to left side

**REPEAT**

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