

Feeling Like

拍數: 32 牆數: 4 級數: High Intermediate
編舞者: Laura Bartolomei (FR), Roy Verdonk (NL), Raymond Sarlemijn (NL) & Eleni de Kok (NL) - April 2020
音樂: Wild West - Dennis Lloyd



(1 – 8&) STEP, SYNCOPATED SAILOR STEPS, BALL, CROSS, STEP, KNEE TWISTS

1 Step RF to R
2&3 Cross LF behind RF, Step RF to R, Step LF to L
&4& Cross RF behind LF, Step LF to L, Step RF to R
5,6 Cross LF behind RF on ball, Cross RF over LF
7 Step LF to L
8 Twist both knees in
& Twist both knees out

(9 – 16&) KICK, WEAVE, DIAGONAL STEP, HITCH, BRUSH, 5/8 TURN L STEP OUT, HEAD

1 Slow kick RF in R diagonal
2& Step RF together with LF, Cross LF over RF
3& Step RF to R, Cross LF behind RF
4 – 5 Step RF to R, Step LF forward turning 1/8 R (1:30)
6 Hitch RF
7 Brush RF backwards starting to turn 5/8 R (6:00)
8 Step LF to L and look over your R shoulder to 12:00

(17 – 24&) ¼ TURN STEP, STEP TOGETHER ½ TURN SWEEP, CROSS SIDE, CROSS SHUFFLE, TOE SWITCHES 3X

1 Make ¼ turn L stepping LF forward (3:00)
2 Step RF together with LF turning ½ turn L and sweeping LF from front to back
3& Cross LF behind RF, Step RF to R
4&5 Cross LF over RF, Step RF to R, Cross LF over RF
6& Point RF to R, Step RF to R
7& Point LF to L, Step LF to L
8 Point RF to R

(25 – 32&) ¼ TURN, BODY ROLL, BALL STEP, MAMBO STEP ¼ TURN, SAILOR STEP ½ TURN, STEP, TOGETHER

1 Turn ¼ R keeping weight on LF (12:00)
2&3 Start body roll, Step RF together with LF on ball, Step LF backwards finishing bodyroll
4&5 Rock RF back, Recover on LF, Step RF to R turning ¼ L (6:00)
6&7 Cross LF behind RF turning ¼ L, Step RF to R turning ¼ L, Step LF slightly forward
8& (1) Step RF to R, Step LF together with RF, (Step RF to R to start the dance again!)