

Feel Alright

拍數: 64 牆數: 2 級數: High Intermediate Cha Cha
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - November 2021
音樂: Feel Alright - Elise LeGrow : (iTunes)



Start.. 32 Counts on Vocals.

S1: Side, Back Rock, Lock Step, Step 1/2, 1/2 Lock.

1-3 Step Left to Left side, rock back on Right, Recover forward on Left.
4&5 Step forward on Right, lock Left behind Right, step forward on Right.
6-7 Step forward on Left, pivot 1/2 turn to Right (6.00)
8&1 Make 1/4 turn to Right stepping Left to Left side, lock Right across Left, male 1/4 turn to Right stepping back on Left.(12.00)

S2: 1/4 Rock Recover, Touch Ball Cross, Side Close, Cross Shuffle.

2-3 Make 1/4 turn to Right rocking Right to Right side, recover side Left (3.00)
4&5 Touch Right next to Left, step Right to Right side, cross step Left over Right.
6-7 Step Right to Right side, step Left next to Right.
8&1 Cross step Right over Left, step Left to Left side, cross step Right over Left.

S3: 1/4, 1/4, 1/4 Sailor Cross, Touch, Flick, Lock Step.

2-3 Make 1/4 turn to Left stepping forward on Left, make 1/4 turn to Left stepping Right to Right side (9.00)
4&5 Cross step Left behind Right, make 1/4 turn to Left stepping to Right side, cross Left over Right.(6.00)
6-7 Touch Right next to Left, make 1/8 to Left as you flick your Right back (4.30)
8&1 Step forward on Right, lock Left behind Right, step forward on Right.

S4: Rock Step, Recover, Lock Step, 1/2, 3/8, Chasse.

2-3 Rock forward on Left, recover back on Right.
4&5 Step back on Left, lock Right over Left, step back on Left.
6-7 Make 1/2 turn Right stepping forward on Right, make 3/8 pencil turn to Right stepping Left next to Right and weight ending on Left. (3.00)**Restart**
8&1 Step Right to Right side, step Left next to Right, step right to Right side.

S5: Cross Rock, Recover, 1/4 Chasse, Step 1/2 Pivot, Lock Step.

2-3 Cross rock Left over Right, recover back on Right.
4&5 Step Left to Left side, step Right next to Left, male 1/4 turn to Left stepping forward on Left.(12.00)
6-7 Step forward on Right, pivot 1/2 turn to Left. (6.00)
8&1 Step forward on Right, step Left next to Right, step forward on Right.

S6: Rock, Recover, Back, Close, Rock Recover Back Close.

2-3 Rock forward on Left, recover back on Right.
4-5 Step back on Left, step Right next to Left.
6-7 Rock forward on Left, recover back on Right.
8-1 Step back on Left, step Right next to Left. (*Restart *)

S7: Rock, Recover, Lock Step, Out, Out, Drag Ball Cross.

2-3 Rock forward on Left, recover back on Right.
4&5 Step forward on Left, lock Right behind left, step forward on Left.
6-7 Step out on Right, step out on Left.
8&1 Drag Right towards Left, step on Right, cross step Left over Right.

S8: Walk Walk, Lock Step , Rock Recover, Behind 1/4 ...

- 2-3 Make 1/4 turn to Right stepping forward on Right, make 1/4 turn to Right stepping forward in Left.
- 4&5 Make 1/4 turn to Right Stepping forward on Right, lock Left behind Right, step forward on Right. (3.00)
- 6-7 Rock forward on Left, recover back on Right.
- 8& Cross step Left behind Right, make 1/4 turn to Right stepping forward on Right,

Restart Wall 2 with step change

(Dance Up To Section 6 Count 7 Then Touch Left next to Right to Begin Again.

Restart Wall 5

Dance Up To Section 4 Step 7 Then Make 1/4 To Right Crossing Right Over Left to restart from Beginning.

Last Update - 29 Nov. 2021
