

If It Feels Good, Dance

拍數: 40 牆數: 4 級數: Improver
編舞者: Daniel Exton (UK) - August 2022
音樂: You Make Me Feel Like Dancing - Leo Sayer



S1: Out, Out, Coaster Step, Out, Out, Coaster Step

1, 2 Right foot out, Left Foot Out
3 & 4 Right foot back, Left foot next to Right, Right foot forward
5, 6 Left foot out, Right foot out
7 & 8 Left foot back, Right foot next to Left, Left foot forward

S2: Chasse Right, Rock, Chasse Left, Rock with 1/4 turn

1 & 2 Right foot to Right side, Left foot next to right, Right foot to Right side
3, 4 Cross rock Left behind Right, Recover onto Right
5 & 6 Left foot to Left side, Right foot next to Left, Left foot to Left side
7, 8 Cross rock Right behind Left, whilst recovering onto Left, turn 1/4 Right

S3: Walk, Walk, Shuffle, Walk, Walk, Mambo Step

1, 2 Right foot forward, Left foot forward
3 & 4 Right foot forward, Left foot behind Right, Right foot forward
5, 6 Left foot forward, Right foot forward
7 & 8 Left foot forward, Right foot next to Left, Left foot back

S4: Point, Back, Point, Back, Point, Back, Coaster Step

1, 2 Point Right to Right side, Right foot back
3, 4 Point Left to Left side, Left foot back
5, 6 Point Right to Right side, Right foot back
7 & 8 Left foot back, Right foot next to Left, Left foot forward

S5: Grapevine, Touch, Return, Chasse

1, 2, 3, 4 Right foot to Right side, Left foot behind Right, Right foot to Right side, Left foot touch next to Right
5 Touch Left foot to Left side
6 Return Left foot next to Right
7 & 8 Left foot to Left side, Right foot next to Left, Left foot to Left side

* RESTARTS:-

- Wall 5 after 32 counts
 - Wall 7 after 16 counts
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