Feel Like Dancin'

拍數: 32

級數: Intermediate

編舞者: Tracy Walters (CAN) - September 2022

音樂: I Don't Feel Like Dancin' - Scissor Sisters

Begin on Vocals

Cross Rock Step x4

- 1&2. Step right foot across left foot, step (rock) left foot to the side, step in place onto right foot
- 3&4. Step left foot across right foot, step (rock) right foot to the side, step in place onto left foot
- 5&6. Repeat steps 1&2
- 7&8. Repeat steps 3&4

Kick Step Touch x2, Cross Turn, Kick-Ball Change

- 9&10. Kick right foot forward, step right foot next to left foot, tap left toes to the side
- 11&12. Kick left foot forward, step left foot next to right foot, tap right toes to the side
- 13-14. Step right foot across left foot, on balls of feet make a ½ turn left (to unwind legs) and end with weight on left foot.
- 15&16. Kick right foot forward, step on ball of right foot, step in place onto left foot

Two Shuffles Forward, Sailor-Step, Sailor-Step with ¼ Turn Left

- 17&18. Step right foot forward, step left foot next to right foot, step right foot forward
- 19&20. Step left foot forward, step right foot next to left foot, step left foot forward
- 21&22. Step right foot behind left foot, step left foot to the side. step in place onto right foot
- 23&24. Step left foot behind right foot, step right foot to the side making a ¼ turn left, step in place onto left foot

Mambo Step Forward, Coaster Step, Step Rock Step with Claps x2

- 25&26. Step (rock) right foot forward, step in place onto left foot, step right foot next to left foot
- 27&28. Step left foot back, step right foot next to left foot, step left foot forward
- 29&30. Make a ¼ turn to right and step on right foot, step (rock) on ball of left foot and clap, step in place onto right foot and clap
- 31&32. Make a ¼ turn left (to face front) and step on left foot, step (rock) on ball of right foot and clap, step in place onto left foot and clap

Tag: At the end of wall 11 and before the start of wall 12 (you will be facing the left wall for the 3rd time), do 4 steps in place (right, left, right, left).





牆

牆數:4