

Feel Like Dancing

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Mathew Sinyard (UK) - March 2023
音樂: I Feel Like Dancing - Jason Mraz



Intro: 16 Counts - (2+2 walls)

Section 1 Side Touch, Ball Cross Side, Back Rock, Recover, Bump Hips Right Left Right.

1 2 & 3 4 Step right to side, touch left beside right, step ball of left, cross right in front of left, step left to side.

5 6 7 & 8 Rock right behind left, recover on to left, Step right to side bumping hip to right, bump hip left, bump hip right. (12:00)

(Styling: whilst bumping hips raise both arms above head, right hand in left palm)

Section 2 Behind Unwind ½, Cross Rock, Recover, Syncopated Weave, ¼ Together.

1 2 3 4 Step left toes behind right, unwind ½ turn left on to left, cross rock right over left, recover left. (6:00)

& 5 & 6 Step right to side, cross left in front of right, step right to side, cross left behind right.

& 7 & 8 Step right to side, cross left in front of right, ¼ turn left stepping back on right, step left beside right. (3:00)

(Optional styling: Dance the syncopated weave on your toes 'TWINKLE TOES')

Section 3 Step Pop, Step Lock Step, Slow ¼ Turn Right.

1 2 3 & 4 Step right forward, lock left behind popping right knee forward, step right forward, lock left behind right, step forward right.

5 6 7 8 Step forward on left, pivot ¼ turn right over 3 counts. (6:00)

(Styling: whilst doing the slow ¼ pivot use your arms to do your best 'ROBOT' impression)

Section 4 Right Sailor, Left Sailor, Step Pivot ½, Step Pivot 1/4.

1 & 2 Step right behind left, step left to side, step right to side.

3 & 4 Step left behind right, step right to side, step left to side.

5 6 Step forward on right, pivot ½ turn left. (12:00)

7 8 Step forward on right, pivot ¼ turn left. (9:00)

****Restart here wall 5 see note below****

Section 5 Kick, Ball Kick, Ball Double Kick, Ball Touch, Tap Left Heel.

1 & 2 Kick right across left, step right beside left, kick left across right.

& 3 4 Step left beside right kick right across left twice.

& 5 6 7 8 Step right beside left, touch left toes forward, tap left heel 3 times for counts 6 7 8.

(Styling: whilst tapping left heel nod your head for counts 6 7 8)

Section 6 Ball ¼, Cross Side, Cross ¼ Back, Walk R L, Full Turn.

& 1 2 ¼ turn right stepping on to left, cross right in front of left, step left to side. (12:00)

3 4 Cross right in front of left, ¼ turn right stepping back on left. (3:00)

5 6 Walk forward right left.

7 8 full turn left on ball of right [pirouette], step forward left. (non-turning option- two little steps: R L)

(Styling: on the full turn [pirouette] raise both arms above head, fingers touching)

Section 7 Forward Rock Recover, Sailor Step, Cross Side, Sailor 1/4.

1 2 Rock right forward, recover left.

3 & 4 Cross right behind left, step left to side, step right to side.

5 6 Cross left in front of right, step right to side.

7 & 8 Cross left behind right, ¼ turn left stepping right to side, step left to side. (12:00)

Section 8 Hip Roll 1/8 Right (x4).

- 1 2 Step forward on right, make a 1/8 turn left whilst rolling hips from left to right. (10:30)
- 3 4 Step forward on right, make a 1/8 turn left whilst rolling hips from left to right. (9:00)
- 5 6 Step forward on right, make a 1/8 turn left whilst rolling hips from left to right. (7:30)
- 7 8 Step forward on right, make a 1/8 turn left whilst rolling hips from left to right. (6:00)

RESTART: on wall 5 restart after 32 counts, your new wall (wall 6) will start facing 9:00.

ENDING: on wall 7 (3:00) dance up to count 32 bringing you to 12:00 to finish.

Have Fun & Enjoy x. ☐

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