

How Do I Get This Feeling

COPPER **KNOB**
BY SHEILA PFAFF

拍數: 32 牆數: 4 級數: High Improver
編舞者: Sheila Pfaff (USA) - December 2022
音樂: This Feeling - Skinny Beats : (Album: Skinny Beats; iTunes; Spotify)



Intro: 16 counts

Restarts: 0, Tags: 1 (Done after the 1st, 4th, and 7th repetitions)

[1-8] CROSS, SIDE, CROSS & CROSS, ROCK, RECOVER, BEHIND, SIDE, CROSS

1,2 Step R over L (1), step L side left (2)
3&4 Step R over L (3), step L side left (&), step R over L (4)
5,6 Rock L side left (5), recover R (6)
7&8 Step L behind R (7), step R side right (&), step L over R (8)

[9-16] KICK-BALL-CHANGE, KICK-BALL-CHANGE, STEP, SWIVEL HEELS, REPLACE, COASTER STEP

1&2 Kick R forward (1), step on ball of R (&), step L forward (2)
3&4 Kick R forward (3), step on ball of R (&), step L forward (4)
5&6 Step R slightly forward (5), swivel both heels right (&), return heels to center (weight on L) (6)
7&8 Step R back (7), step L beside R (&), step R forward (8)

[17-24] STEP, 1/2 TURN R, RUN, RUN, RUN, ROCK FORWARD, RECOVER, BIG STEP BACK, DRAG

1,2 Step L forward (1), pivot 1/2 right weight ending on R {6:00} (2)
3&4 Step L forward (3), step R forward (&), step L forward (4)
5,6 Rock R forward (5), recover L (6)
7,8 Big step back on R (7), drag L back (no weight on L) (8)

[25-32] ROCK/SWAY, RECOVER, 1/4 TURN L ROCK/SWAY, RECOVER, BEHIND, SIDE, CROSS, ROCK, RECOVER

1,2 Rock/sway L side left (1), recover R (2)
3,4 Turn 1/4 left & rock/sway L side left {3:00} (3), recover R (4)
5&6 Cross L behind R (5), step R side right (&), step L over R (6)
7,8 Rock R side right (7), recover L (8)

TAG (Comes after the 1st, 4th, and 7th repetitions.)

[1-8] K STEP WITH CLAPS

1,2 Step R diagonally forward right (1), touch L beside R with clap (2)
3,4 Step L diagonally back left (3), touch R beside L with clap (4)
5, 6 Step R diagonally back right (5), touch L beside R with clap (6)
7, 8 Step L diagonally forward left (7), touch R beside L with clap (8)

[9-16] ROCK SIDE, RECOVER, & ROCK SIDE, RECOVER, & CROSS ROCK, RECOVER, SIDE ROCK, RECOVER

1,2& Rock R side right (1), recover L (2), step R beside L (&)
3,4& Rock L side left (3), recover R (4), step L beside R (&)
5-8 Cross rock R over L (5), recover L (6), rock R side right (7), recover L (8)

BEGIN AGAIN AND ENJOY!!

Contact: sheilapfaff1509@gmail.com