

Catching Feelings

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Diana Oglesby (USA) - May 2023
音樂: Summer Baby - Jonas Brothers



Intro: 16 Counts, start with weight on L

S1 (1-8) STEP R SIDE, L TOGETHER, 2 KNEE CIRCLES, POINT L SIDE, HOLD, STEP TOGETHER, POINT R SIDE, HOLD

1-4 Step R side (1), step L together (2), 2 counterclockwise knee circles (3-4)

5-6&7-8 Point L side (5), hold (6), step L together (&), point R side (7), hold (8)

S2 (9-16) ROCK R BACK, RECOVER, R FWD SHUFFLE, ROCK L FWD, RECOVER, TURN ¼ L and L SIDE SHUFFLE

1-2-3&4 Rock R back (1), recover to L (2), step R forward (3), step L together (&), step R forward (4)

5-6-7&8 Rock L forward (5), recover to R (6), turn ¼ L and step L side (7), step R together (&), step L side (8)

S3 (17-24) POINT R FWD, POINT R SIDE, POINT R FWD, HOLD, R TOGETHER, POINT L SIDE, POINT L FWD, POINT L SIDE, HOLD

1-4& Point R forward (1), point R side (2), point R forward (3), hold (4), step R together (&)

5-8 Point L side (5), point L forward (6), point L side (7), hold (8)

S4 (25-32) L-R SAILOR, ROCK L FWD, RECOVER, L BACK COASTER

1&2-3&4 Cross L behind (1), step R side (&), step L side (2), cross R behind (3), step L side (&), step R side (4)

5-6-7&8 Rock L forward (5), recover to R (6), step L back (7), step R together (&), step L forward (8)

REPEAT

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