

Feels Like Home

拍數: 60 牆數: 2 級數: Phrased Intermediate
編舞者: Elvira Gambarelli (IT) & Alice Muscat (IT) - August 2023
音樂: Feels Like Home - Sari Abbott



Part A: 24 counts; Part B – 36 counts; Tag 1 – 4 counts; Tag 2 – 20 counts.
Sequence: A A Tag1 B A B(32) B A Tag2 B

Start after 8 counts (counting the slow beat)

PART A – 24 counts (counting the slow beat)

SECTION 1: MAMBO STEP, COASTER STEP, SCISSORS CROSS, SCISSORS CROSS

1&2 Rock forward on right, recover on left, step back on right,
3&4 Step backwards on left, step right beside left, step left forwards
5&6 Step right to right, step left back, cross right over left
7&8 Step left to left, step right back, cross left over right

SECTION 2: STEP, ½ TURN, VAUDEVILLE, VAUDEVILLE, ROCK STEP

1-2 Step right forwards, ½ turn left stepping on left foot
3&4& Cross right foot over left, step left back, touch right heel forward, step right next to left
5&6& Cross left foot over right, step right back, touch left heel forward, step left next to right
7-8 Rock forward on right, recover on left

SECTION 3: SHUFFLE BACK RIGHT, SHUFFLE BACK LEFT, FUNKY BACK ROCK STEP, FULL TURN LEFT FORWARDS

1&2 Step right backwards, step left besides right, step right backwards
3&4 Step left backwards, step right besides left, step left backwards
5-6 Step right backwards turning body towards right, recover on left turning body back to centre
7-8 Step right backwards turning ½ turn to left, step left forwards turning 1/2 turn to the left

PART B – 36 counts (counting the slow beat)

SECTION 1: JUMPED CROSS ROCK X2, JUMPED BACK ROCK, STOMP X2, JUMPED CROSS ROCK X2, JUMPED BACK ROCK, STOMP X2

1& Cross right over left flicking left backwards, recover on left
2& Cross right over left flicking left backwards, recover on left
3& Step right backwards kicking left forwards, recover on left
4& Stomp up right next to left, stomp down right next to left (weight now on right)
5& Cross left over right flicking right backwards, recover on right
6& Cross left over right flicking right backwards, recover on right
7& Step left backwards kicking right forwards, recover on right
8& Stomp up left next to right, stomp up left next to right (weight on right)

SECTION 2: SWIVEL OUT TOE-HEEL-TOE, TOUCH, ½ MONTEREY, KICK, HOOK, KICK, FLICK, STEP-LOCK-STEP, HOOK

1&2& Swivel left foot to left toe-heel-toe (shifting weight to left), touch right foot next to left
3&4& Point right to right, ½ turn right recovering on right, point left to left, recover on left
5&6& Kick right forwards, hook right over left leg, kick right forwards, flick right backwards
7&8& Step right forwards, lock left behind right, step right forwards, hook left behind right leg

SECTION 3: STEP-LOCK-STEP, COASTER STEP, STEP, TURN, STEP X3

1&2 Step left backwards, lock right in front of left, step left backwards
3&4 Step backwards on right, step left beside right, step right forwards

- 5-6 Step left forwards, ½ turn right stepping on right foot
7&8 Step left forwards, step right forwards, step left forwards

SECTION 4: POINT X3, HOOK, SHUFFLE BACKWARDS, COASTER STEP, STEP, ½ TURN

- 1&2& Point right to right, point right in front, point right to right, hook right behind left leg
3&4 Step right backwards, step left besides left, step right backwards
5&6 Step backwards on left, step right beside left, step left forwards
7-8 Step right forwards, ½ turn left stepping on left foot

SECTION 5: STEP, ½ TURN, STOMP, STOMP

- 1-2 Step right forwards, ½ turn left stepping on left foot
3-4 Stomp right next to left, stomp left next to right

TAG 1 – 4 counts (counting the slow beat)

SECTION 1: ROCKING CHAIR

- 1-2 Step right forwards, recover on left
3-4 Step right backwards, recover on left

TAG 2 – 20 counts (counting the slow beat)

SECTION 1: CROSS UNWIND, LONG STEP, DRAG

- 1-2 Cross right over left, hold
3-4 Unwind by turning ½ turn to left (keeping weight on left), hold
5-6 Long right step to the right, hold
7-8 Drag left foot next to right foot (keeping weight on right), hold

SECTION 2: ROCKING CHAIR, LONG STEP, DRAG

- 1-2 Step left forwards, recover on right
3-4 Step left backwards, recover on right,
5-6 Long left step to the left, hold
7-8 Drag right foot next to left foot (keeping weight on left), hold

SECTION 3: ROCKING CHAIR

- 1-2 Step right forwards, recover on left,
3-4 Step right backwards, recover on left

Contacts:

Alice Muscat – alice.muscat@alice.it Elvira Gambarelli – elviragambarelli64@gmail.com
Visit our website www.wildangels.it

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