

# It Feels Like

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Hiroko Carlsson (AUS) - December 2023  
音樂: Alive (It Feels Like) - Alok : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(Intro: 32 counts)

## [S1] Fwd, Fwd Rock, Back, Back Rock, Side Rock, Cross, Side

1 2&      Step forward on R, Rock forward on L, Replace weight on R  
3 4&      Step back on L, Rock back on R, Replace weight on L  
5 6      Rock R to the side, Replace weight on L  
7 8      Cross R over L, Step L to the side

## [S2] Behind, 1/4L, Paddle Turn-Cross, 1/4R, 1/2R Shuffle Fwd, Fwd Mambo

1 2      Step R behind L, Make a ¼ turn left stepping forward on L (9:00)  
3&4      Step forward on R, Make a ¼ turn left recover weight on L (6:00), Cross R over L  
5      Make a ¼ turn right stepping back on L (9:00)  
6&7      Making a ½ turn right shuffle forward on R-L-R (3:00)  
8&8      Mambo Rock forward on L, Replace weight on R, Step L next to R

## [S3] Step-Pivot 1/2L-Roll 3/4L, Cross Rock, 1/4R w/ Hitch, 1/4R Side-&-

1 2      Step forward on R, Make a ½ turn left recover weight on L (9:00)  
3 4      Make a ½ turn left stepping back on R (3:00), Make a ¼ turn left stepping L to the side (12:00)  
5 6      Rock/cross R over L, Replace weight on L  
7      Make a ¼ turn right stepping forward on R and hitch L knee (3:00)  
8&      Make a further ¼ turn right stepping L to the side (6:00), Step R next to L

## [S4] Touch-Hold-&, Side-Together-Touch-&-Touch, Hold, Behind-1/4R Rocking Chair

1 2&      Touch L to the side, Hold, Step L close  
3&4&      Step R to the side, Step L next to R, Touch L to the side, Step L close  
5 6&      Touch L to the side, Hold, Step L behind R making a ¼ turn right (9:00)  
7&8&      Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L

No Tags or Restarts.

The last wall ends at the front.

(updated: 6/Dec/23)