

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)
(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)