

Feel It All Over

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Phrased Intermediate
編舞者: Becky Hawthorne (USA) - March 2024
音樂: Sir Duke - Stevie Wonder



Intro: 32 counts. Dance starts one count before vocals.

Sequence: AB, ABB, AB, AABB, AAA, BB

Part A, 32 counts:

SEC 1 DIAGONAL SHUFFLE X 2, SWIVEL WALK X 4

1 & 2 Forward shuffle to R diagonal: RF, LF, RF
3 & 4 Forward shuffle to L diagonal: LF, RF, LF
5, 6 Step RF forward swiveling heels L, step LF forward swiveling heels R
7, 8 Step RF forward swiveling heels L, step LF forward swiveling heels R

SEC 2 PONY BACK X 2, BACK, BACK, COASTER

1 & 2 Step RF back, Step ball of LF beside RF, Step RF in place
3 & 4 Step LF back, Step ball of RF beside L, Step LF in place
5, 6 Slide RF back, Slide LF back
7 & 8 Step RF back, Step LF next to RF, Step RF forward

SEC 3 MODIFIED V STEP, SWIVET

1, 2 Touch ball of LF to L fwd diagonal, Step LF to L fwd diagonal
3, 4 Touch ball of RF to R fwd diagonal, Step RF to R fwd diagonal
5, 6 Step LF back to center, Step RF back to center
7, 8 Swivel R toe to R side and L heel to L side, Recover to center

SEC 4 SAILOR X 2, 1/2 SAILOR, SIDE CHASSE

1 & 2 Step RF behind L, Step LF to L side, Step RF to R side
3 & 4 Step LF behind R, Step RF to R side, Step LF to L side
5 & 6 1/2 turn to R stepping RF behind L, Step LF to L side, Step RF to R side (6:00)
7 & 8 Step LF to L side, Step RF next to LF, Step LF to L side

Part B, 16 counts:

SEC 1 KICK, BACK, CROSS, BEHIND, SIDE, KICK, KICK, BACK, CROSS, TOUCH, HEEL FANS

1 & 2 Kick RF to R fwd diagonal, Step RF slightly back, Cross LF over R
3 & 4 Step RF behind L, Step LF to L side, Kick RF to R fwd diagonal
5 & 6 Kick RF to R fwd diagonal, Step RF slightly back, Cross LF over R
7 & 8 Touch ball of RF to R fwd diagonal, Fan heel fwd, Fan heel back to diagonal

SEC 2 CROSS, 1/4 BACK, 1/4 SHUFFLE, ROCKING CHAIR, KNEE POPS

1, 2 Cross RF over L, 1/4 Step LF back (3:00)
3 & 4 1/4 Shuffle to R: RF, LF, RF (6:00)
5&6& Step LF fwd, Recover back onto RF, Step LF back, Recover forward onto RF
7, 8 Touch LF next to RF and pop L knee, Shift weight to LF and pop R knee

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