

My Feelings

拍數: 32 牆數: 2 級數: Improver
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音樂: What He'll Never Have - Dylan Scott



*1 restart

Intro : 16c

L=left, R=right, LF=left foot, RF=right foot

(1-8) Cross Fwd R, Sweep L, Cross Fwd L, Side Point R, Sailor Step ½ turn R, Step turn ½ L

- 1-2 Cross RF in front of LF, « Sweep » Slide the toe of LF from back to front
3-4 Cross LF in front of RF, R toe to R
5&6 « Sailor Step ½ turn » : cross RF behind LF – ¼ turn R and LF next to RF 3H – ¼ turn R and RF forward 9H
7-8 « Step turn ½ » : LF forward – ½ turn R (on RF) 12H

(9-16) Rock Step Fwd L, Step-Lock-Step Back L, Rock Step Back R, Full turn Fwd R

- 1-2 « Rock Step Fwd » : LF forward – recover on RF
3&4 « Step-Lock-Step Back » : LF back – cross RF over LF – LF back
5-6 « Rock Step Back » : RF back – recover on LF
7-8 « Full turn Fwd » : ½ turn L and RF back – ½ turn L and LF forward 6-12H

RESTART : 3rd wall - 12H

(17-24) Cross Fwd R, Side Step L, Behind R, Switch L, Heel R, Switch R, Cross Fwd L, ¼ turn with Step Back R, Coaster Step L

- 1-2 Cross RF in front LF, LF to L
3&4 RF behind LF, LF next to RF, R heel forward
&5-6 RF next to LF, cross LF in front of RF, ¼ turn L and RF back 9H
7&8 « Coaster Step » : LF back – RF next to LF – LF forward

(25-32) Heel Switches with ¼ turn R-L, Step L, Touch Back R, Step R, Kick L, Coaster Step L, Out-Out R-L, In-In R-L

- 1&2 « Heel Switches with ¼ turn » : R heel forward – RF next to LF – ¼ turn L and L heel forward 6H
&3&4 Step LF, touch R toe back, step RF, L Kick forward
5&6 « Coaster Step » : LF back – RF next to LF – LF forward
&7&8 Spread RF then LF forward, assemble RF then LF backwards

« All United » PASSION – PLEASURE – SHARING <3