

Feel It

拍數: 48 牆數: 0 級數: Intermediate
編舞者: Barry Amato (USA) - August 2024
音樂: Feel It (feat. Mr. Talkbox) (Radio Mix) - TobyMac



Rhythm - Funky

Walk R – L, back locking shuffle R-L-R, ¼ turn L, ½ turn, sailor step

1-4 Walk forward R -L (1-2) Shuffle back in locked position stepping R-L-R (3&4)
5-8 ¼ turn L, stepping on L (5) ½ turn L, pivot on L and step on R (6) Sailor step L-R-L (7&8)

Boogie swivel 2x, touch R toe on second boogie swivel, forward locking shuffle - 2x

1-4 Begin boogie swivel by twisting R, swivel R and point L toe (1-2) Step on L and twist to R (&3) complete boogie swivel by swiveling ¼ turn L and point L toe (4)
5-8 Shuffle forward in locked position – L-R-L / R -L-R

¼ turn R, knee bounce, ¼ turn, knee bounce, walk forward R-L-R-L

1-4 ¼ turn R on ball of R and weight both feet (1). raise your heels as you bend your knees (&). Lower your heels and straighten your knees (2). Repeat (3&4).
5-8 Walk forward R – L – R – L (5-8)

Rock forward R, recover L, ¼ turn R small hop on L, slide out to R on R, step together, pimp walk a ½ turn

1-4 Rock forward on R (1) Recover on L (2) ¼ turn R with a small hop on L (&) slide to the R on the R (3) Step on the L beside the R (4)
5-8 Pimp walk a small half circle stepping R (5) look L and snap L fingers as you step on L (6) Repeat pimp walk again (7-8)

Rock side and cross 2x as you progress forward, paddle ½ turn L

1-4 Rock side R (1) Recover L (&) Cross R over L (2) Rock side L (3) Recover R (&) Cross L over R (4)
5-8 Keeping weight on L, paddle ½ turn L with R foot for a total of 3 paddles (5-7). Step down on R foot (8).

Side toe switches 2x, hitch L, step down L, step down on R, pivot a ½ turn L with weight on R, coaster step

1-4 Side toe touch with L (1) Step L next to R (&) Side toe touch with R (2) Step R next to L (&) Side toe touch with L (3) Hitch L next to R knee (&) Step down on L next to R (4)
5-8 Step forward on R (5) Pivot a ½ turn L with R foot taken weight (6) Coaster step L-R-L

Begin dance again

There is one 4 count restart. This happens after the 5th wall. After the first 32 counts:

1-4 Step out on L, step out on the R, sway hips R – L

Last Update - 29 Sep. 2024 - R2