

拍數: 32                      牆數: 2                      級數: Beginner  
編舞者: Michele Perron (CAN)  
音樂: The Way You Make Me Feel - Michael Jackson



## SEC.I (1-8) FORWARD-TOUCH, FORWARD-TOUCH, TRIPLE FORWARD, FORWARD TURN

1,2                      RIGHT Step diagonal forward R; LEFT Toe/Touch beside R and Clap  
3,4                      LEFT Step diagonal forward L; RIGHT Toe/Touch beside L and Clap  
5&6                      RIGHT Triple Steps forward (R,L,R)  
7,8                      LEFT Step forward; Turn 1/2 R with RIGHT Step forward (6 o'clock)

## SEC. II (9-16) FORWARD-TOUCH, FORWARD-TOUCH, TRIPLE FORWARD, FORWARD TURN

1,2                      LEFT Step diagonal forward L; RIGHT Toe/Touch beside L and Clap  
3,4                      RIGHT Step diagonal forward R; LEFT Toe/Touch beside R and Clap  
5&6                      LEFT Triple Steps forward (L,R,L)  
7,8                      RIGHT Step forward; Turn 1/4 L with LEFT Step side L (3 o'clock)

## SEC.III (17-24) CROSS/ROCK, TRIPLE SIDE, CROSS/ROCK, TRIPLE SIDE

1,2                      RIGHT Rock/Step across front of L; LEFT Recover/Step back  
3&4                      RIGHT Triple Steps to side R (R,L,R)  
5,6                      LEFT Rock/Step across front of R; RIGHT Recover/Step back  
7&8                      LEFT Triple Steps to side L (L,R,L)

## SEC.IV (25-32) ACROSS, BACK, TURN, FORWARD (JAZZ BOX) HIP BUMPS: R,L

1,2                      RIGHT Step across front of L; LEFT Step back  
3,4                      Turn 1/4 R with RIGHT Step forward/side; LEFT Step forward/side (feet apart)  
5&6                      RIGHT Hip Bumps twice (R, Centre, R)  
7&8                      LEFT Hip Bumps twice (L, Centre, L) (6 o'clock)

**Begin Again**

**NOTE: Pure Movies will work in Contra formation, off-set positions, making the dance "interactive" ☐**

**Music Selections: West Coast Swing**

**"The Way You Make Me Feel" Michael Jackson 115 bpm**

**Downloads: amazon, iTunes**

**Introduction: 64 Counts, begin on lyrics**

**"The Way You Make Me Feel" The Douglas Group 112 bpm**

**Album: No More Than Necessary**

**Introduction: 32 Counts**

**"Return To Sender" Elvis Presley 132 bpm**

**Introduction: 16 Counts**

**"Return To Sender" Dave Edmunds 131 bpm**

**Introduction: 16 Counts**

**Christmas Selection:**

**"Christmas Comes But Once A Year" B.B. King 117 bpm**

**Album: A Christmas Celebration Of Hope**

**Introduction: 64 Counts**

**Pure Movies is a floor-split with the Intermediate Level dance "Off My Feet" (Above music: The Douglas Group)**

**Last Update – 8th Feb. 2019**

