

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

