

The Way I Feel

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Judith Campbell (NZ)
音樂: Maria - George Strait



SLOUCHY WALKS, SLOUCHY WALKS WITH HEEL TAPS

- 1-2 Slide right foot forward diagonally right pushing left hip to left, hold
3-4 Slide left foot forward diagonally left, pushing right hip to right, hold
&5-6 Slide right foot forward diagonally right, tap right heel twice on floor
&7-8 Slide left foot forward diagonally left, tap left heel twice on floor

STEP ½ SPIN, ROCK BACK & FORWARD, MONTEREY

- 1 Step forward on ball of right foot lifting left foot up by right ankle and turn ½ to the right
2 Lower right heel
3-4 Rock back on left foot, rock forward on right foot
5-6 Tap left foot to left side, turn ½ to left bringing right foot next to left
7-8 Tap right foot to right side, close/tap right foot next to left

STEP CLOSE TOGETHER, STEP WITH ½ HITCH TURN

- 1-3 (Moving to right side) step right to right, close left foot beside right, step right to right side
4 ½ turn to right hitching up left foot by right ankle
5-7 (Moving to left side) step left to left side, close right next to left, step left to left side
8 ½ turn to left hitching up right foot by left ankle

STEP TOGETHER, STEP FORWARD, HOLD

- 1-4 Step right foot to right side, close left foot next to right, step right foot forward, hold

SWIVEL TO LEFT, HOLD, SWIVEL TO RIGHT, HOLD

- 5-6 (Keeping feet in place) on balls of both feet swivel ½ to left, hold
7-8 Swivel ½ to right, hold

STEP, HOLD, SLIDE 3 TIMES ON DIAGONAL (MOVING BACK), SHUFFLE FORWARD ON DIAGONAL

- 1-2& Stepping left back on diagonal diagonally left, hold, slide right foot next to left
3-4& Step back again on left diagonally, hold, slide right next to left
5-6 Step back once more on left diagonally, bring right foot next to left
7&8 Shuffle left foot across in front of right foot (moving right diagonally forward)

STEP HOLD, SLIDES ON DIAGONAL (MOVING FORWARD), ROCK FORWARD & BACK, TOGETHER

- 1-2& Stepping forward diagonally right on right foot, hold, slide left foot next to right
3-4&5 Step right diagonally forward, hold, slide left foot next to right, step right forward diagonally once more
6-8 Rock left foot over right, rock back onto right foot, close left foot next to right

TAP, HOLD, TAP, TAP, KICK, BEHIND, SIDE SHUFFLE ACROSS

- 1-2 Tap right foot to right side, hold
&3-4 Tap right foot next to left foot, tap right foot to right side, kick right foot forward diagonally right
5-6 Step right foot behind left, step left to left side
7&8 Shuffle right foot across in front of left (moving to left)

ROCK RECOVER, TOGETHER, HEEL HEEL, ROCK BACK /FORWARD, ½ PIVOT TO LEFT

- 1-3 Rock left foot out to left, recover back onto right foot, close left foot next to right

&4 Tap left heel twice
5-6 Rock back on right foot, rock forward on left foot
7-8 Step forward on right foot, $\frac{1}{2}$ pivot to left
& Turn $\frac{1}{4}$ to left

REPEAT
