

How Does It Feel?

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Melissa Humbarger
音樂: Lost Without You - Robin Thicke



SLIDE RIGHT, SAILOR WITH ½ TURN LEFT, SCISSOR STEP WITH ¼ LEFT, WALK LEFT, RIGHT

1 Step right to right side
2&3 Step left behind right, turn ¼ left and step right back, turn ¼ left and step left across right
4&5 Step right to right side, step left beside right, turn ¼ left and step right forward
6-7 Walk left, right

ROCK FORWARD AND BACK, LARGE STEP BACK, CROSS ROCK SWEEP, SAILOR STEP, TOE POINTS

8&1 Rock forward left, recover right, step back on left
2-3 Rock forward right, large step left back
4&5 Step right in front of left, step left back, sweep right to right
6& Step right behind left, step left beside right
7&8& Point right toe forward, step right beside left, point left toe forward, step left beside right

POINT AND STEP TWICE WITH ½ TURN RIGHT, SWAYS, CHASSE RIGHT

1-2 Point right to right, ½ turn left and step right in place
3-4 Point left to left, step left in place
6-5 Sway right, left
7&8& Step right to right, step left beside right, step right to right, step left beside right

SAILOR STEP (TWICE) WITH ½ TURN RIGHT, STEP TOGETHER, SLIDE STEPS WITH ¼ TURN LEFT

1 Step right to right
2&3 Step left behind right, turn ¼ right and step right forward, step left beside right
4&5 Step right behind left, turn ¼ right and step left to left, step right beside left
6 Step left beside right
7-8 Step right to right, turn ¼ left and step left to left
& Turn ¼ turn left

REPEAT

TAG

4-count hold after 2nd and 7th time through

RESTART

Restart after first 16 counts of 3rd and 6th time through
