

How I Feel

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Theresa Needham (UK)
音樂: How I Feel - Martina McBride



CROSS TOE TOUCHES, TOUCH BALL CROSS, ROCK RECOVER COASTER STEP

1& Touch right toe forward across left, step right beside left
2& Touch left toe forward across right, step left beside right
3&4 Touch right beside left, step right beside left, cross left over right
5-6 Rock forward on right, recover onto left
7&8 Step back on right, step left beside right, step forward on right

CROSS TOE TOUCHES, TOUCH BALL CROSS, ROCK RECOVER SHUFFLE ½ LEFT

1& Touch left toe forward across right, step left beside right
2& Touch right toe forward across left, step right beside left
3&4 Touch left beside right, step left beside right, cross right over left
5-6 Rock forward on left, recover onto right
7&8 Triple step in place turning ½ left stepping left, right, left

CROSS SIDE SAILOR STEP, CROSS SIDE BACK COASTER STEP

1-2 Cross right over left, step left to left side
3&4 Step right behind left, step left to left side, step right to right side
5-6 Cross left over right, step right to right side
7&8 Step back on left, step right beside left, step forward on left

ROCK RECOVER, TRIPLE FULL TURN RIGHT, ROCK RECOVER, SAILOR ¼ LEFT

1-2 Rock forward on right, recover onto left
3&4 Triple step in place turning a full turn left stepping right, left, right
Option: coaster step
5-6 Rock forward onto left, recover onto right
7&8 Turn ¼ left and step left behind right, step right to right side, step left to left side

FORWARD SHUFFLE, STEP ½ RIGHT, FORWARD SHUFFLE, FULL TURN LEFT

1&2 Shuffle forward stepping right, left, right
3-4 Step forward on left, turn ½ turn right (weight to right)
5&6 Shuffle forward left, right, left
7-8 Turn ½ left and step left foot back, turn ½ left and step right foot forward

Option: walk, walk

CHASSE RIGHT, BACK ROCK RECOVER, CHASSE LEFT, BACK ROCK RECOVER

1&2 Step right to right side, step left beside right, step right to right side
3-4 Rock back on left, recover onto right
5&6 Step left to left side, step right beside left, step left to left side
7-8 Rock back on right, recover onto left

REPEAT