

I Feel Like Dancin'

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Tony Myatt (UK)
音樂: Baby's Got My Number - South Sixty Five



SIDE ROCK STEPS, CROSS SHUFFLE LEFT, SWING SHUFFLE BACK

1-2 Rock right foot to right side, rock back on left foot - turning body 45 degrees left
3&4 Step right foot over front left, step left toe up behind right, step right foot forward
5-6 Swing left foot full turn to the right round back then across front of right foot stepping it down
7&8 Step right foot back, step and lock left foot back in front of right foot, step right foot back

ROCK STEPS, SHUFFLE WITH ½ TURN RIGHT, ROCK STEPS, SHUFFLE FORWARD

9-10 Rock back on left foot, rock forward on right foot
11&12 Shuffle left, right, left with ½ turn right
13-14 Rock back on right foot, rock forward on left foot
15&16 Shuffle forward right, left, right

SIDE ROCK STEPS, CROSS SHUFFLE RIGHT, SWING SHUFFLE BACK

17-18 Rock left foot to left side, rock back on right foot - turning body 45 degrees right
19&20 Step left foot over front right, step right toe up behind left, step left foot forward
21-22 Swing right foot full turn to the left round back then across front of left foot stepping it down
23&24 Step left foot back, step and lock right foot back in front of left foot, step left foot back

ROCK STEPS, SHUFFLE WITH ½ TURN LEFT, ROCK STEPS, SHUFFLE FORWARD

25-26 Rock back on right foot, rock forward on left foot
27&28 Shuffle right, left, right with ½ turn left
29-30 Rock back on left foot, rock forward on right foot
31&32 Shuffle forward left, right, left

STROLL LEFT, SAILOR STEP, STROLL RIGHT WITH ¼ TURN, SHUFFLE FORWARD

33-34 Step right foot over front left foot, step left foot to left,
35&36 Step right foot behind left foot, step left foot to left, step right foot to right
37-38 Step left foot behind right foot, step right foot to right side turning ¼ turn to right
39&40 Shuffle forward left, right, left

FOOT SWITCHES, FORWARD SHUFFLE, STEP HALF TURN

41&42 Touch right toe to right side, switch right in place & left toe to left side
&43&44 Switch left in place & right heel forward, switch right in place & left toe back
45&46 Shuffle forward left, right, left
47-48 Step right foot forward, swivel ½ turn left

2 X HALF TURN SHUFFLES, REVERSE HALF TURN, FORWARD SHUFFLE

49&50 Shuffle ½ turn left (right, left, right)
51&52 Shuffle ½ turn left (left, right, left)
53-54 Step right toe back, swivel ½ turn right
55&56 Shuffle forward left, right, left

HEEL JACKS WITH CLICKS AND CLAPS

&57-58 Step right slightly to side and back (&), dig left heel 45 degrees to left, pause - clicking both hands either side of head (style - lean body back angled 45 degrees left)
&59-60 Step left back in place (&), step right back in place, pause with clap

&61-62 Step left slightly to side and back (&), dig right heel 45 degrees to right, pause - clicking both hands either side of head (style - lean body back angled 45 degrees right)

&63-64 Step right back in place (&), step left back in place, pause with clap

REPEAT
