

Feel It

拍數: 32 牆數: 4 級數: Improver
編舞者: Helena Jeppsson (SWE)
音樂: Feel It - Black Eyed Peas



WALK X3, JUMP OUT, APPLEJACKS, CROSS SHUFFLE

1-2-3 Walk forward on right, left right (12:00)
4 Jump feet apart
&5 Swivel left toe to left, right heel to left, swivel back to center
&6 Swivel right toe to right, left heel to right, swivel back to center
7&8 Cross right foot over left, step left to left side, cross right over left (9:00)

ROCK STEP, CROSS, SIDE, BEHIND, ¼ TURN RIGHT, ½ TURN RIGHT, SIDE, PIGEON TOE

1&2 Rock left foot to left, recover back onto right, cross left foot over right
3&4 Step right foot to right, cross left foot behind right, turn a ¼ turn right step forward on right
5&6 Step forward on left foot, turn ½ turn right, step left foot to left with an angle (7:30, facing 9:00)
7&8 Turn toes in, turn heels in, turn toes to center, traveling towards left (6:00, still facing 9:00)

DOROTHY STEP TWICE, KICK, SIDE, TOUCH, KICK, SIDE, TOUCH

1 Step right foot diagonally forward (10:30)
2& Lock left foot behind right, step right foot diagonally forward
3 Step left foot diagonally forward (7:30)
4& Lock right foot behind left, step left foot diagonally forward
5&6 Kick right foot forward, step right to side, touch left toe diagonally behind right (1:30)
7&8 Kick left foot forward, step left to side, touch right toe diagonally behind left (4:30)

SIDE, TOGETHER, CHASSÉ, CROSS ROCK STEP, SIDE, PIGEON TOE WITH RIGHT

1-2 Step right foot to right, step left foot beside right (12:00)
3&4 Step right foot to right side, step left foot beside right, step right foot to right (12:00)
5&6 Cross rock left over right, recover back onto right, step left foot to left side (6:00)
7&8 Turn right toe in, turn right heel in, turn right toe to center

REPEAT
