

Feeling

拍數: 40 牆數: 2 級數:
編舞者: David J. McDonagh (WLS)
音樂: Man! I Feel Like a Woman! - Shania Twain



KICK BALL TOUCH, KICK BALL BACK, UNWIND, STEP, CROSS

- 1 Kick right foot forward
- &2 Sep right foot beside left, touch left toe beside right
- 3 Kick left foot forward
- &4 Step left foot beside right, touch right toe back
- 5-6 Unwind ½ a turn to the right while doing a snake roll to the right
- 7-8 Step back on right foot, cross left foot over right foot

HIPS 123&4, & SLIDE 678

- 9-12 Bump hips right, left
- 11&12 Bump hips right, left, right
- &13-16 Raise left knee, step left foot to the left side, slide right to meet left

& STEP, SHOULDER, SHOULDER, STEP, SNAKE, SNAKE

- &17 Step back on right foot, step left foot forward (in line with right foot)
- 18-19 Throw right shoulder back, throw left shoulder back
- 20 Step left foot to left side (shoulder width apart)
- 21-22 Snake roll to the left side
- 23-24 Snake roll to the right side

SWIVEL HEELS-TOES-HEELS-TOES-CENTER, SWIVEL HEELS-TOES-HEELS-TOES-CENTER

- 25-26 Swivel heels to the right, swivel toes to the right
- 27&28 Swivel heels to the right, swivel toes to the right, swivel heels to center
- 29-30 Swivel heels to the left, swivel toes to the left
- 31&32 Swivel heels to the left, swivel toes to the left, swivel heels to center

SHOULDERS 1&2, 3&4, 5&6, 7&8

- 33 Step right foot forward while pushing right shoulder down and left shoulder up
- & Push right shoulder up while pushing left shoulder down
- 34 Push left shoulder up while pushing right shoulder down
- 35 Push right shoulder up while pushing left shoulder down
- & Push left shoulder up while pushing right shoulder down
- 36 Push right shoulder up while pushing left shoulder down
- 37 Step right foot back while pushing right shoulder down and left shoulder up
- & Push right shoulder up while pushing left shoulder down
- 38 Push left shoulder up while pushing right shoulder down
- 39 Push right shoulder up while pushing left shoulder down
- & Push left shoulder up while pushing right shoulder down
- 40 Push right shoulder up while pushing left shoulder down

REPEAT