

How I Feel

拍數: 32 牆數: 4 級數: Improver
編舞者: Willie Brown (SCO) - November 2007
音樂: About You Now - Sugababes : (Album: Change)



Intro; Starting on the word 'easy'- 8 counts from start of track - only 3 seconds!!!
[] Brackets indicate which wall you should be facing (first wall only)

SECTION 1: TOE HEEL CROSS x2, BEHIND SIDE CROSS KICK x2

1&2 Touch Right toe to Left instep, touch Right heel forward, cross Right over [12]
3&4 Touch Left toe to Right instep, touch Left heel forward, cross Left over Right
5&6& Cross Right behind Left, step Left to Left side, cross Right over Left, kick Left to Left diagonal
7&8& Cross Left behind Right, step Right to Right side, cross Left over Right, kick Right to Right diagonal

slightly harder option for counts 1-4; Right toe(1), Right heel(&), cross Right(2), Left toe(&), Left heel(3), cross Left(&), Right toe(4), kick Right(&)

SECTION 2: COASTER, ½ PIVOT STEP, LOCK STEP x2 (OR FULL TURNS)

9&10 Step back on Right, step Left beside Right, step forward on Right
11&12 Step forward on Left, pivot ½ turn Right taking weight on Right, step forward on Left [6]
13&14 Step forward on Right, lock Left behind Right, step forward on Right
15&16 Step forward on Left, lock Right behind Left, step forward on Left

slightly harder option; on counts 13&14 make a full turn Left stepping Right, Left, Right – and on counts 15&16 make a full turn Right stepping Left, Right, Left

Restart here during 4th wall

SECTION 3: STEP, TOUCH, STEP, KICK x2, ROCKING CHAIR (OR 2 HALF PIVOTS), JAZZ BOX

17&18& Step forward on Right, touch Left toe beside Right, step back on Left, kick Right forward
19&20& Step back on Right, touch Left toe beside Right, step forward on Left, brush Right toe forward
21&22& Rock forward Right, recover back on Left, rock back Right, recover forward on Left
23&24& Cross Right over Left, step back on Left, step Right to Right side, cross Left over Right

slightly harder option; on counts 21&22& make 2 half pivots Left – step forward on Right, pivot ½ Left, then repeat

SECTION 4: HEEL STRUT, ROCK, RECOVER x2, HEEL STRUT, WEAVE, ¾ TURN

25&26& Touch Right heel to Right side, snap Right toe to floor, rock back on Left, recover forward on Right
27&28& Touch Left heel to Left side, snap Left toe to floor, rock back on Right, recover forward on Left
29&30& Touch Right heel to Right side, snap Right toe to floor, cross Left behind Right, step Right to Right side
31&32 Cross Left over Right, make ¼ turn Left and step back on Right, make ½ turn Left and step forward on Left [9]

options:

After count 32 use an & count to either clap your hands, stomp your Right foot (keeping weight on Left) or for the more energetic jump on both feet..... anything at all to make as much noise as you can!!!!

START AGAIN.....AND SMILE!!!!
