

I Feel It

COPPER KNOB
BY STEPHEN BRETZ

拍數: 32 牆數: 4 級數: Intermediate / Advanced
編舞者: Jill Babcock - November 2008
音樂: Versions of Violence - Alanis Morissette : (CD: Flavors Of Entanglement)



Start dancing on lyrics

Touch-Hitch-Step Twice, Touch, Ball Step, Touch, Touch, ½ Turn Hitch, Step

- 1&2 Touch right toe to side, hitch right knee, step right together (12:00)
&3&4 Touch left toe to side, hitch left knee, step left together, touch right toe forward (lean back slightly)
&5-6 Step right together, big step left forward, drag/touch right together
7&8 Touch right to side, hitch right knee, turn ¼ right and step right to side (6:00)

Ball Step, ¼ Turn Out Out, Knee Pops, Jump, ¼ Turn Monterey, & Touch, Kick

- &1&2 Step left back, step right in place, turn ¼ left and step left to side, step right to side (3:00)
&3-4 Pop right knee toward left, turn ¼ right and pop right knee out, jump feet together (6:00)

Arms: as you make your ¼ turn right, both arms should be straight out in front of you with wrists bent down. Head should also be down, parallel with the floor. Think zombie from "night of the living dead". As you jump both feet together, head comes up and arms go down by your sides

- 5&6 Touch right toe to side, turn ¼ right and step right together, touch left toe to side (9:00)
&7-8 Step left together, touch right toe back, kick right forward

Ball Step, Walk Back Twice, Sailor ½ Turn, Step-Rock-Recover Twice

- &1 Step right together, turn ¼ right and step left to side (12:00)
2-3 Cross right behind left (dip right shoulder down), cross left behind right (dip left shoulder down)
4&5 Cross right behind left, turn ¼ right and step left to side, turn ¼ right and step right forward (6:00)
&6& Step left forward, rock right forward, recover to left
7&8 Step right back, rock left back, recover to right

Heel, Step, Out Out, In, Kick, Hold, & Kick, & Triple Step

- 1-2 Touch left heel diagonally forward, drop left heel and drag/touch right together (4:30)
&3&4 Step right to side, step left to side, step right to center, kick left forward
5&6& Hold, step left together, kick right forward, step right together
7&8 Triple in place turning 5/8 left stepping left, right, left (9:00)

REPEAT

TAG: AFTER wall 3 (facing 3:00)

Side, Behind, Side, Cross, Point, Step Together, Side, Behind, Side, Cross, Point, Step Together

- 1-2 Step right to side, cross left behind right
&3-4 Step right to side, cross left over right, touch right to side
&5-6 Step right together, step left to side, cross right behind left
&7-8& Step left to side, cross right over left, touch left toe to side, step left together

TAG: AFTER wall 7 (facing 3:00)

Press, Recover

- 1-7 Press right to side (use all 7 counts to gradually lower your body)

Arms: as you press onto your right, bring your right arm straight out in front of you at chest level. Palm of hand should be facing down with fingers spread apart. Gradually move your right arm to the right using all 7 counts. As your arm moves to the right, your head follows

8

Recover to left

Bring your body upright when she sings the word "versions". Right arm comes down by your side and you should be looking straight ahead

ENDING: After Tag 2, you will dance two more walls. Your last wall will be the 12:00 wall. Instead of making a $5/8$ turn when you do your triple step at the end, make a $3/8$ turn and triple to the front. Strike a pose.
