

Feeling Sweet

拍數: 32 牆數: 2 級數: High Beginner / Improver
編舞者: Jan Brookfield (UK) - February 2009
音樂: If I Said You Had a Beautiful Body - The Bellamy Brothers : (CD: Greatest Hits)
或: I'll Be There If You Ever Want Me - Heather Myles : (CD: Highways & Honkytonks)
或: any favourite Cha Cha music of your choice.



Music 1: 16 count intro, start on word "said"

Music 2: short 2 count intro, start on vocals "Ain't no chains"

Vine Right. Scuff. Vine Left. Scuff

1 – 2 Step Right to Right side. Cross Left behind Right
3 – 4 Step Right to Right side. Scuff Left forward
5 – 6 Step Left to Left side. Cross Right behind Left
7 – 8 Step Left to Left side. Scuff Right forward

Step. Scuff. Step. Scuff. Walk back x 3. Touch

1 – 2 Step forward on Right. Scuff Left forward
3 – 4 Step forward on Left. Scuff Right forward
5 – 6 Walk back Right. Walk back Left
7 – 8 Walk back Right. Touch Left beside Right

Sway. Sway. Chasse Left. Back rock. Kick-ball-change

1 – 2 Step Left to Left swaying hips Left. Recover onto Right swaying hips Right
3&4 Step Left to Left side. Step Right beside Left. Step Left to Left side
5 – 6 Rock back on Right. Recover onto Left
7&8 Kick Right forward. Step Right beside Left. Step Left beside Right

Sway. Sway. Quarter turn Right shuffle. Quarter turn Right. Chasse Left. Back rock

1 – 2 Step Right to Right swaying hips Right. Recover onto Left swaying hips Left
3&4 Quarter turn Right stepping forward on Right. Step Left beside Right. Step forward on Right
5&6 Quarter turn Right stepping Left to Left side. Step Right beside Left. Step Left to Left side
(Facing 6 o'clock)
7 – 8 Rock back on Right. Recover onto Left

Start again
