

Feel That Pain

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Sebastiaan Holtland (NL) - June 2011
音樂: Yeah Right (feat. Diggy Simmons) (Club Junkies Radio Edit) - Dionne Bromfield



16 count intro (08 Sec)

Sec 1: [1-8] Stomp, Side, Heel Fan, Heel Fan 1/4 Turn L, Hitch, Back, Roll Back On To Heels Heel, Hitch, Back, Roll Back On To Heels

- 1-2 Stomp Rf next to Lf, Step Lf to the left weight onto both feet (12:00)
- &3&4 R heel swings out pivoting on the ball of the foot, back to centre, L heel swings out pivoting on the ball of the foot, turn 1/4 left (9) back in centre
- &5-6 Hitch R knee up, Step back on Rf roll back on to the heels pushing bottom back, recover on both feet take weight onto Lf
- &7-8 Hitch R knee up, Step back on Rf roll back on to the heels pushing bottom back, recover on both feet take weight onto Lf (9:00) **Restart**

Restart Here WALL 3 after 8 counts (Facing 3 o'clock)

Sec 2: [9-16] 1/2 pivot L, 3/4 Turn L, Side, Jazz Box

- 1-2 Step Rf forward, turn 1/2 left (3) take weight onto Lf
- 3-4 Turn 1/2 left (9) step Rf back, turn 1/4 left (6) step Lf to the left weight onto Lf
- 5-6 Cross Rf over Lf, step Lf back weight onto Lf
- 7-8 Step Rf to the right side, step Lf forward weight onto Lf (6:00)

Sec 3: [17-24] Touch, Replace (Knee Bent), Turn 1/4 L, Touch, Replace, Touch, Replace (Knee Bent), Turn 1/4 L, Touch, Replace

- 1-2 Touch Rf forward, step Rf back in place and bent R knee
- 3-4 Turn 1/4 left (3) touch Lf forward, step Lf back in place weight onto Lf
- 5-6 Touch Rf forward, step Rf back in place and bent R knee
- 7-8 Turn 1/4 left (12) touch Lf forward, step Lf back in place weight onto Lf

Sec 4: [25-32] Rock / Recover, 1/2 Turn R, Fwd, Side, Back Rock / Recover, 3/4 Turn L

- 1-2 Rock Rf forward, recover on Lf weight on Lf
- 3-4 Turn 1/2 right (6) step forward on Rf, step Lf to the left weight onto Lf
- 5-6 Rock Rf back, recover on Lf
- 7-8 Turn 1/2 left (12) step Rf back, turn 1/4 left (9) step Lf to the left weight onto Lf

Sec 5: [33-40] Ball Step, Charleston, 1/2 Unwind R, Step, Step

- &1 Step Rf next to Lf on ball, turn 1/4 left (6) step Lf slightly forward
- 2-5 Step Rf forward, touch Lf forward, step Lf back, touch Rf back
- 6 Unwind 1/2 right (12) take weight onto Rf
- 7-8 Step Lf forward, step Rf forward (12:00) **Restart**

Restart Here WALL 5 after 40 counts (Facing 6 o'clock) (On count 7 step Lf forward on count 8 step Rf next to Lf weight onto Lf)

Sec 6: [41-48] Back, Hip Action, Recover, 1/4 Turn L, Fwd, 1/2 Turn L, Back, Back Rock / Recover, Fwd, Together

- 1-2 Step Lf back (push your bottom back), recover on Rf
- 3-4 Turn 1/4 left (9) step Lf forward, turn 1/2 left (3) step Rf back weight onto Rf
- 5-6 Rock Lf back, recover on Rf weight onto Rf
- 7-8 Step Lf forward, step Rf next to Lf ending weight onto Rf (3:00)

Sec 7: [49-56] Back, Toe Fan, Replace, Hitch, Jive Walk

- 1-4 Step Lf back, move your R toes in while keeping your heel in contact with the floor, move your R toes back in place, hitch L knee up holding weight onto Rf
- 5-6 Point Lf out to left, step Lf forward weight onto Lf
- 7-8 Point Rf out to the right, step Rf back weight onto Rf (3:00)

Sec 8: [57-64] Walks Back L-R, L Heel Bounce's 2x, R Heel Bounce's 3x

- 1-2 Stepping Lf back, stepping Rf back weight onto Rf
- 3-4 Bounce L heel twice holding weight onto Rf
- 5 Step Lf back weight onto Lf
- 6-8 Bounce R heel 3 times holding weight onto Lf (3:00)

Start Again, Enjoy!

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