Feels Like Rock'n Roll



編舞者: Bastiaan van Leeuwen (DE) - September 2011

音樂: Feels Like Rock 'n Roll - Bouke: (CD: I Cry - Single)



Counts: part A -32 counts, part B-16 counts, part C-32 counts, part D-16 counts

Intro: 16 counts - Sequence: A B C D A B C D D B C D D

Part A

[1-8] Toe struts, kick, coaster step, lock step forward,

1& Step R toe forward, drop R heel,
2& Step L toe across R, drop L heel,
3& Step R toe back, drop R heel,

4 Kick L forward,

5&6 Step L back, step R beside, step L forward,7&8 Step R forward, lock L behind, step R forward,

[9-16] Mambo step forward, coaster step, shuffle ½ turn R, coaster step,

Rock L forward, recover onto R, step L beside, 3&4 Step R back, step L beside, step R forward,

5&6 ½ turn R stepping L to left side, close R beside, ¼ turn R stepping L back, (06:00)

7&8 Step R back, step L beside, step R forward,

[17-24] Toe struts, kick, coaster step, lock step forward,

1& Step L toe forward, drop L heel,
2& Step R toe across L, drop R heel,
3& Step L toe back, drop L heel,

4 Kick R forward,

5&6 Step R back, step L beside, step R forward,7&8 Step L forward, lock R behind, step L forward,

[25-32] Mambo step forward, coaster step, shuffle ½ L, coaster step,

Rock R forward, recover onto L, step R beside,

Step L back, step R beside, step L forward,

5&6 ¼ turn L stepping R to R side, close L beside, ¼ turn L stepping R back, (12:00)

7&8 Step L back, step R beside, step L forward,

Part B

[1-8] Charleston, sweep forward, ¼ turn R, coaster step,

Sweep R out & around to touch in front of L, sweep R out & around to step R behind L, Sweep L out & around to touch L behind R, sweep L out & around to step L forward,

5-6 Sweep R out & around to step R across L, ¼ turn R stepping L back,(03:00)

7&8 Step R back, step L beside, step R forward,

[9-16] Charleston, sweep forward, ¼ turn R, coaster step,

Sweep L out & around to touch in front of R, sweep L out & around to step L behind R, Sweep R out & around to touch R behind L, sweep R out & around to step R forward,

5-6 Sweep L out & around to step L across R, ¼ turn R stepping R back, (06:00)

7&8 Step L back, step R beside, step L forward,

Part C

[1-8] Shuffle R diagonal R forward, scuff, shuffle L diagonal L forward, traveling toe-heel swivels, chasse,

1&2 Step R diagonal R forward, close L beside, step R diagonal R forward,

| & | Scuff L forward, |
|--|--|
| 3&4 | Step L diagonal L forward, close R beside, step L diagonal forward, |
| 5&6 | Swiveling L heel to the R, touch R together, swiveling L toe to the R, touch R heel next to L, |
| | Swiveling L heel to the R, touch R together |
| & | Swiveling L toe to the R, touch R heel next to L, |
| 7&8 | Step R to right side, close L beside, step R to right side, |
| | |
| [9-16] Coaster step, step forward, ¼ turn L, cross, ¼ turn R clap hands, ½ turn R clap hands, mambo step, | |
| 1&2 | Step L back, close R beside, step L forward, |
| 3&4 | Step R forward, ¼ turn L, cross R over L, (03:00) |
| 5& | 1/4 turn R stepping L back clap hands, (06:00) |
| 6& | ½ turn R stepping R forward clap hands (12:00) |
| 7&8 | Rock L forward, recover onto R, step L beside, |
| [17-24] Toe struts backwards, coaster step, charleston, | |
| 1& | Step R toe back, drop R heel, |
| 2& | Step L toe back, drop L heel, |
| 3&4 | Step R back, step L beside, step R forward, |
| 5&6 | Sweep L out & around to touch in front of R (turn both heels in), turn both heels out,sweep L |
| | out & around to step L behind R (turn both heels in) |
| & | Turn both heels out, |
| 7&8 | Sweep R out & around to step R behind L (turn both heels in), turn both heels out, sweep R |
| . 6.6 | out & around to touch in front of R (turn both heels in), |
| & | Turn both heels out, |
| [OF 20] Top object on a contract of the contra | |
| [25-32] Toe struts, coaster step, shuffle ½ turn L, coaster step, | |
| 1& | Step L toe across R, drop L heel, |
| 2& | Step R toe back, drop R heel, |
| 3&4 | Step L back, step R beside, step L forward, |
| 5&6 | 1/4 turn L stepping R to R side, close L beside, 1/4 turn L stepping R back, (06:00) |
| 7&8 | Step L back, step R beside, step L forward, |
| Part D | |
| [1-8] Walk R,L, mambo step, walk backwards L,R, sailor step ¼ turn L, | |
| 1-2 | Step R forward, step L forward, |
| 3&4 | Rock R forward, recover onto L, step R beside, |
| 5-6 | Step L back, step R back, |
| 7&8 | 1/4 turn L cross L behind R, step R to R side, step L forward,(03:00) |
| [9-16] Walk R,L, mambo step, walk backwards L,R, sailor step ¼ turn L, | |
| 1-2 | Step R forward, step L forward, |
| 3&4 | Rock R forward, recover onto L, step R beside, |
| 5-6 | Step L back, step R back, |
| 7&8 | 1/4 turn L cross L behind R, step R to R side, step L forward,(12:00) |
| , 40 | 74 tail 2 01000 2 boiling it, stop it to it side, stop 2 lol ward, (12.00) |