

You Feel Bad

拍數: 40 牆數: 4 級數: Phrased Improver
編舞者: Agnethe Hansen (DK) - February 2012
音樂: Somebody - Eagles



Start dancing on lyrics - Sequence A – B – B – A – B – B – B – B – A – A – B – B – B – B – A

Sequence A – 32 counts

Step right, rock back, ¼ turn x 2, Step right, rock back, ¼ turn x 2

- 1 – 2 & Step to right side, rock back on left, and recover on right
3 & 4 ¼ turn stepping left back, ¼ turn stepping right back, step left next to right (6.00)
5 – 6 & Step to right side, rock back on left, and recover on right
7 & 8 ¼ turn stepping left back, ¼ turn stepping right back, step left next to right (12.00)

Step, run x 2, ½ pivots, step, full turn left, step

- 1 – 2 & Step right forward, run left, run right
3 – 4 Step left forward, ½ turn right on ball recover on right (6.00)
5 & 6 Step left forward, ½ turn left stepping right back, ½ turn stepping left forward (6.00)
7 – 8 Step right forward, step left forward

Side, cross rock, vine, ¼ turn left, Side, cross rock, vine

- 1 – 2 & Step to right side, cross left over right, recover on right
3 & 4 Step to left side, cross right behind left, ¼ turn stepping left forward (9.00)
5 – 6 & Step to right side, cross left over right, recover on right
7 & 8 Step to left side, cross right behind left, step to left side

Step ½ pivots, step, full turn left, step ½ pivots, step, run x 2

- 1 – 2 & Step forward right, ½ turn left on ball recover on left (3.00)
3 & 4 ½ turn stepping right back, ½ turn stepping left forward, ending on right. (3.00)
5 – 6 & Step left forward, ½ turn right on ball recover on right (9.00)
7 & 8 Step forward on left, run right, run left

Sequence B – 8 counts

Vine right, ¼ turn, ½ turn pivots, ¼ turn, weave left, ¼ turn

- 1 – 2 & Step to right, cross left behind right, ¼ turn right
3 – 4 Step left forward, ½ turn right on ball recover on right
5 – 6 & ¼ turn left stepping to left, Cross right behind left, step to left side
7 – 8 Cross left in front right, ¼ turn left stepping forward