

# Feelings (P)

拍數: 64      牆數: 0      級數: Improver - 2S Partnerdance  
編舞者: Conny Gasberg (DK) - November 2012  
音樂: Listen to Your Senses - Alan Jackson : (CD: Good Time)



Intro: 4x8 counts - Sweet Heart position.

## Sektion 1: Toestruts Jazzbox

1 - 2      Cross right toe over left, Drop right heel taking weight  
3 - 4      Step left toe backwards, Drop left heel taking weight  
5 - 6      Step right toe to right side, Drop right heel taking weight  
7 - 8      Step left toe forward, Drop left heel taking weight

## Sektion 2: Lockstep right, Hold, Right ¼, Cross, hold

1 - 2      Step right forward, Lock left behind right  
3 - 4      Step right forward, Hold  
5 - 6      Step left forward, ¼ turn right  
7 - 8      Cross left over right, Hold (Indian position)

## Sektion 3: Side rock right together hold, Side rock left together, Hold

1 - 2      Rock right to right side, Recover on left  
3 - 4      Step right next to left, Hold  
5 - 6      Rock left to left Side, Recover on right  
7 - 8      Step left next to right, Hold

## Sektion 4: Shuffle ¼ turn right, Hold, Step ¼ turn left, Cross, Hold

1 - 2      Step right ¼ turn right, Step left next to right  
3 - 4      Step right forward , Hold  
5 - 6      Step left forward, Turn ¼ right  
7 - 8      Cross left over right, Hold (Reverse Indian)

## Sektion 5: Side rock cross, Side rock ¼ turn, Step

1 - 2      Rock right to right side, Recover on left  
3 - 4      Cross right over left, Hold  
5 - 6      Rock left to left side, Recover on right turning ¼ right  
7 - 8      Step left forward, Hold

## Sektion 6: Right forward rock, Recover, Right back step, Left back rock, Recover, Left step forward.

1 - 2      Rock forward on right, Recover on left  
3 - 4      Rock back on right, Hold  
5 - 6      Rock back on left, Recover on right  
7 - 8      Step left forward, Hold

## Sektion 7: Right lockstep, Left lockstep

1 - 2      Step right forward, Lock left behind right  
3 - 4      Step right forward, Hold  
5 - 6      Step left forward, Lock right behind left  
7 - 8      Step left forward, Hold

## Sektion 8 Man: Shuffle forward, Lady: 2 half turn shuffle left

### Man Lady

1 - 2      Step right forward, Step left next to right 1- 2 Shuffle right-left ¼  
3 - 4      Step right forward , Hold 3 - 4 Right 1/4 turn right, Hold

5 - 6 Step left forward, Step right next to left 5 - 6 Shuffle left-right  $\frac{1}{4}$   
7 - 8 Step left forward, Hold 7 - 8 Left  $\frac{1}{4}$  turn left, Hold

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