Feelin' Single



拍數: 32 牆數: 2 級數: Intermediate - WCS

編舞者: Nicola Lafferty (UK) - October 2012

音樂: Feelin' Single - R. Kelly : (Album: Write Me Back)



Intro: 32 Count Intro

[1-8] Sailor Step, Weave, Ballchange, Ball, Flick, 2 x Walks

1&2	Cross RF behind LF, Step LF to L side, Recover weight to RF
3&4	Cross LF behind RF, Step RF to R side, Cross LF behind RF
&5	Angling to L diagonal (10.30) Rock RF back, Recover weight to LF
&6	Rock RF back, Recover weight to LF as you flick RF back
7,8	Travelling towards diagonal (10.30), Walk RF, LF

[9-16] Syncopated Pivot, Chug Around, Cross Point, Knee Drop

1&2	Step RF fwd, ½ Turn over L shoulder, Step RF fwd (face 4.30)
3	Touching LF to L side as you make a 3/8 turn to R (face 9.00)
4	Touch LF to L side as you make a ¼ turn to R (face 12.00)
5,6	Cross Point LF over RF, Step LF to L side

7,8 Turn R Knee in (keeping L leg straight), Recover R knee

[17-24] Step Back, Side Rock x 2, Slide & Glide ½ Turn, 2 Walks Fwd

[17 2 1] Ctop Back, Glac Rock X 2, Clac & Clac 72 Talli, 2 Traile I Wa		
1&2	Step RF back, Rock LF to L side, Recover to RF	
3&4	Step LF back, Rock RF to R side, Recover to LF	
5,6	Cross the ball of the RF over LF, push down on RF as you slide LF back, make a ½ turn over	
	L shoulder, putting weight to LF	
7,8	Walk forward RF, LF	

[25-32] Close, Rock with Hip Push x 2, Swing Walks back, Sweep

&1,2	Close RF to LF, Rock LF to L side pushing hip to L, Recover to RF
&3,4	Close LF to RF, Rock RF to R side pushing hip to R, Recover to LF
5,6	Walk back on RF (turn L toe out), Walk back on LF (turn R toe out)
7	Malk back on DE (turn I too out)

Walk back on RF (turn L toe out)

8 Close LF to RF as you sweep RF out and round from front to back

Begin again

Note: There are restarts on Walls 4&8 - See instructions below

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^{*} On Wall 4 and Wall 8, restart the dance from this point