

Feel This Moment

COPPER KNOB
BY STEPHEN BRETZ

拍數: 96 牆數: 2 級數: Phrased Advanced
編舞者: Rachael McEnaney (USA) - March 2013
音樂: Feel This Moment (feat. Christina Aguilera) - Pitbull : (Album: Global Warming or Single - iTunes)



Count In: 32 counts from start of track, dance begins on vocals.

Notes: Part A is nightclub 2step, Part B is a house rhythm, Part C is funky.

Order of the dance: A, B, B, C, C, A, B, C, C, A, B, B

The clock directions below where you end facing are based on the first time you perform each section.

PART A - Section A is a nightclub 2 step rhythm – the counts should be slower but I have typed the sheet with nightclub timing (otherwise do them as slow counts with holds – makes it 64 counts)

A: [1 - 9] Step L sweep R, R weave in front, L weave behind, R mambo ½ turn R, L mambo ¼ turn L

- 1 2 & 3 Step forward left as you sweep right foot forward (1), cross right over left (2), step left to left side (&), cross right behind left as you sweep left to back(3) 12.00
- 4 & 5 Cross left behind right (4), step right to right side (&), step left forward and slightly across (5) 12.00
- 6 & 7 Rock forward right (6), recover weight left (&), make ½ turn right stepping forward right (7) 6.00
- 8 & 1 Rock forward left (8), recover weight right (&), make ¼ turn left as you step forward on left – sweeping right (1) (ready to repeat above) 3.00

A: [10-17] REPEAT COUNTS 2- 9 above

- 2 & 3 Cross right over left (2), step left to left side (&), cross right behind left as you sweep left to back (3) 3.00
- 4 & 5 Cross left behind right (4), step right to right side (&), step left forward and slightly across (5) 3.00
- 6 & 7 Rock forward right (6), recover weight left (&), make ½ turn right stepping forward right (7) 9.00
- 8 & 1 Rock forward left (8), recover weight right (&), make ¼ turn left as you step forward on left – sweeping right (1) 6.00

A: [18-24] R cross, ¼ turn R, R back, L coaster, R fwd rock, ¼ turn R, point L, full turn L

- 2 & 3 Cross right over left (2), make ¼ turn right stepping back on left (&), step back on right (3) 9.00
- 4 & 5 Step back left (4), step right next to left (&), step forward left (5) 9.00
- & 6 & 7 Rock forward right (&), recover weight left (6), make ¼ turn right stepping right to right side (&), point left toe to left side (7) 12.00
- & 8 & Make ¼ turn left stepping forward on left (&), make ½ turn left stepping back on right (8), make ¼ turn left stepping left to left side (&) 12.00

A: [25-32] R cross, L side-rock-cross, R side-rock-cross into weave with ¼ turn L, step R, ¾ turn L step R, touch L

- 1 2 & 3 Cross right over left (1), rock left to left side (2), recover weight right (&), cross left over right (3) 12.00
- 4 & 5 Rock right to right side (4), recover weight left (&), cross right over left (5) 12.00
- & 6 & Step left to left side (&), cross right behind left (6), make ¼ turn left stepping forward left (&) 9.00
- 7 & 8 & Step forward right (7), pivot ½ turn left (&), make ¼ turn left taking big step to right side (8), drag & touch left next to right (&) 12.00

PART B: Section B is much faster ?

B: [1-8] L kick-out-out, L touch, L side, R touch, R side, L kick-ball-change

- 1 & 2 Kick left foot forward (1), step ball of left to left side (&), step right out to right side (shoulder width apart from left) (2) 12.00
- 3 4 5 6 Touch left next to right (3), step left to left side (4), touch right next to left (5), step right to right side (6) 12.00
- 7 & 8 Kick left foot forward (7), step in place on ball of left (&), step in place on right (8) 12.00

B: [9-16] L shuffle, step R, ¼ turn L, R cross, L side, R behind-side-cross

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

B: [17-24] L side, R heel, R ball, L cross, 2x ¼ turns L, R cross, L side, R sailor-heel with ¼ turn R

- & 1 & 2 Step left to left side (&), touch right heel to right diagonal (1), step in place on ball of right (&), cross left over right (2) 9.00
- 3 4 5 6 Make ¼ turn left stepping back on right (3), make ¼ turn left stepping left to left side (4), cross right over left (5), step left to left side (6) 3.00
- 7 & 8 Cross right behind left (7), make ¼ turn right stepping left next to right (&), touch right heel forward (8) 6.00

B: [25-32] Switch to 2x heel touches L, switch to 2x heel touches R, R ball, step fwd L, ½ pivot R, step L, ½ pivot R

- & 1 2 Step right next to left (&), touch left heel forward (1), touch left heel forward (2) 6.00
- & 3 4 Step left next to right (&), touch right heel forward (3), touch right heel forward (4) 6.00
- & 5 6 7 8 Step ball of right next to left (&), step forward left (5), pivot ½ turn right (6), step forward left (7), pivot ½ turn right (8) 6.00

PART C: Section C is the funky section – add the styling if you want to but it's not necessary

C: [1-8] Diagonal L, R touch, Side R, L close, R coaster step, L fwd, R close (heavy step)

- 1 2 Take big step forward on left towards left diagonal (1) (styling: roll right shoulder forward), touch right next to left (2) 12.00
- 3 4 Take big step to right side (3) (styling: push left hand out to left side like saying stop as you bring right hand up like a microphone & look to right), step left next to right (4) 12.00
- 5 & 6 Step back on right (5), step left next to right (&), step forward on right (6) 12.00
- 7 8 Step forward on left (7) (styling: start taking both arms forward as if putting a shirt over your head), step right next to left (8) (styling: finish taking arms up then drop them down to hips as if you put the shirt on with small body roll back – count 8 is a heavy step almost a stomp) 12.00

C: [9-16] L side, L close, R side, R close, L side, ¼ sailor step right with 2x toe taps out, step R

- 1 2 Step left out to left side (imagine squashing something into floor) (1), push off left and step left next to right (2) 12.00
- 3 4 Step right out to right side (imagine squashing something into floor) (3), push off right and step right next to left (4) 12.00
- 5 6 & Step left out to left side (5), cross right behind left (6), make ¼ turn right stepping left next to right (&), 3.00
- 7 & 8 Tap right toe slightly to right side (7), tap right toe a little further out to right side (&), step right foot to right side (8) 3.00

C: [17-24] L touch, L side, R hitch, R side, twist body R and return, R cross, L back

- 1 2 3 4 Touch left next to right (1), step left to left side (2), hitch right knee across left (3), step right to right side (4) 3.00
- 5 6 7 8 Twist upper body ¼ turn right (5), return body ¼ turn left (6), cross right over left (7), step back on left (8) 3.00

C: [25-32] R side, L cross, R side, L heel, L ball, R cross, 4 walks L-R-L-R making ¾ turn L

1 2 Step right to right side (1), cross left over right (2), 3.00
& 3 & 4 Step right to right side (&), touch left heel to left diagonal (3), step in place on ball of left (&),
cross right over left (4) 3.00
5 6 7 8 Making a $\frac{3}{4}$ turn to left walk in a circle stepping left (5), right (6), left (7), right (8) 6.00

ENDING The dance will finish facing the back with the 2 pivot turns at the end of part B.
For a big finish, make another half turn to right on ball of right foot stepping left to left side (1 count)

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Contact: www.dancejam.co.uk - Rachaeldance@me.com - Tel USA: +1 407-538-1533
