

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)

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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