

I Feel Good

拍數: 64

牆數: 2

級數: Phrased Novice - Lilt Fundance -
ECS

編舞者: Andreas Müller (DE) - June 2013

音樂: I Got You (I Feel Good) - James Brown



Sequenz: 4 Counts Intro, AB AB AC AB AC AB AB B B Ending

Part A - 32 counts

CROSS ROCK / EAST COAST SWING BASIC

- 1-2 Cross RF over LF (1) - Recover weight on LF (2)
- 3&4 Step RF to right (3), Step LF next to RF (&), Step RF to right (4)
- 5&6 Step LF to left (5), Step RF next to LF (&), Step LF to left (6)
- 7-8 Rock back on RF (7), Recover weight to LF (8)

KICK-BALL-CHANGE 2x / JAZZ BOX

- 1&2 Kick RF forward (1), Step RF together LF (&), Recover weight on LF (2)
- 3&4 Kick RF forward (3), Step RF together LF (&), Recover weight on LF (4)
- 5-6 Cross RF over LF (5) - Step LF back (6)
- 7-8 Step RF to right (7) - Cross LF over RF (8)

SIDE TOE-STRUT WITH SNAP / CROSS TOE-STRUT WITH SNAP / SIDE ROCK / CROSS HOLD

- 1-2 Touch RF toe to right (1) - Drop RF heel taking weight, Snap your fingers (2)
- 3-4 Touch LF toe over RF (3) - Drop LF heel taking weight, Snap your fingers (4)
- 5-6 Step RF to right (5) - Recover weight on LF (6)
- 7-8 Cross RF over LF (7) - Hold (8)

SIDE TOE-STRUT WITH SNAP / CROSS TOE-STRUT WITH SNAP / SIDE ROCK / STEP HOLD

- 1-2 Touch LF toe to left (1) - Drop LF heel taking weight, Snap your fingers (2)
- 3-4 Touch RF toe over LF (3) - Drop RF heel taking weight, Snap your fingers (4)
- 5-6 Step LF to left (5) - Recover weight on RF (6)
- 7-8 Step RF forward (7) - Hold (8)

Part B - 16 counts

OUT-OUT SNAP / SNAP HOLD / IN-IN SNAP / SNAP HOLD

- &1-2 Step forward and out with RF (&), step forward and out with LF (1) - Snap your right fingers (2)
- 3-4 Snap your left fingers (3) - Hold (4)
- &5-6 Step forward and in with RF (&), step LF next to right, (5) - Snap your right fingers (6)
- 7-8 Snap your left fingers (7) - Hold (8)

BALL-STEP STEP / ½ TURN WALK / WALK SIDE / HOLD SIDE

- &1-2 Recover weight on RF (&), Step LF forward, show your finger in front (1) - Step RF forward (2)
- 3-4 Make ½ turn left weight on LF (3) - Step RF forward (4) (6:00)
- 5-6 Step LF forward (5) - Step RF to right slightly (6)
- 7-8 Hold (7) - Step LF to left (8)

Part C - 16 counts

FORWARD ROCK / SHUFFLE ½-TURN R+L

- 1-2 Step RF forward (1) - Recover weight on LF (2)
- 3&4 Turning ½ right shuffle back, R (3), L (&), R (4) (6:00)
- 5-6 Step LF forward (5) - Recover weight on RF (6)

7&8 Turning ½ left shuffle back, L (7), R (&), L (8) (12:00)

STEP ½-TURN / WALK WALK / SIDE HIP ROLL SIDE

1-2 Step RF forward (1) - Make ½ turn left weight on LF (2) (6:00)

3-4 Step RF forward (3) - Step LF forward (4)

5-6 Step RF to right slightly (5) - Sway hips left (6)

7-8 Sway hips right (7) - Step LF to left (8)

Ending

STEP ½-TURN / WALK WALK / SIDE HOLD / ARM MOVEMENT (ENDPOSE)

1-2 Step RF forward (1) - Make ½ turn left weight on LF (2) (12:00)

3-4 Step RF forward (3) - Step LF forward (4)

5-6 Step RF to right slightly (5) - Hold (6)

7-12 Six Counts to perform End pose. Listen to the Music :-)

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Contact: aneta.andy@vodafone.de
