What A Feeling

拍數: 32

級數: Intermediate

編舞者: Betsy Courant (USA) - July 2013

音樂: What a Feeling (feat. Kelly Rowland) (Radio Edit) - Alex Gaudino : (iTunes)

Dance starts on lyrics (count 33)

STEP FORWARD R, ROCK, RECOVER, BACK LOCK STEP, ROCK BACK, RECOVER, CHASSE WITH 1/4

TURN

- 1–3 On diagonal to 1:00 step Right forward, rock Left forward, recover Right
- 4&5 Still facing 1:00, step Left back, cross Right over Left, step Left back (1:00)
- 6-7 Squaring up to 12:00 rock back Right, recover Left (12:00)
- 8&1 Step Right to right side, step Left next to Right, ¼ turn step Right forward (3:00)

STEP FORWARD L, ½ R PIVOT, ½ R SHUFFLE TURN, WALK BACK R, L, ROCK BACK, RECOVER

- 2-3 Step ball of Left forward, pivot ¹/₂ turn right cross Right slightly over Left (9:00)
- 4&5 ¹/₂ turn right shuffle step traveling back (Left, Right, Left) (3:00)
- 6-7 Walk back Right, Left
- 8& Rock back Right, recover Left

TOUCH STEPS R L, TOUCH RIGHT OUT, IN OUT, CROSS, TOUCH STEPS L R, TOUCH LEFT OUT, CROSS

1&2& Touch Right to right side, step Right next to Left, touch Left to left side, step Left next to Right
3&4& Touch Right to right side, touch Right in next to Left, touch Right to right side, cross Right over Left

(easy option: Touch Right to right side [3], cross Right over Left [4])

5&6&Touch Left to left side, step Left next to Right, touch Right to right side, step Right next to Left7-8Touch Left to left side, cross Left over Right

ROCK, RECOVER, CROSS (TRAVELING FWD) (2X), BACK, CROSS, UNWIND FULL TURN/SWEEP, SAILOR STEP

- 1&2 Step Right to right side and slightly forward, recover Left, cross Right over Left
- 3&4 Step Left to left side and slightly forward, recover Right, cross Left over Right
- &5 Step Right back, cross Left over Right
- 6-7 Making full turn, unwind ½ turn right (6), continue ½ turn right sweeping Right out (prep for sailor step) (7)

(styling option [more difficult]: Hold on count 6; make quick, sharp full turn w/sweep on count 7)

8&(1) Cross Right behind Left, step Left next to Right, (step right forward on diagonal as count 1 of new wall)

TAG: AT END OF WALL 3:(Square up to 12:00 of new wall 4, do not dance to the diagonal) STEP FWD R, ROCK L, RECOVER R, STEP BACK, 2 PIVOT TURNS LEFT

- 1–4 Step Right forward , rock Left forward, recover Right, step Left back (12:00)
- 5-6 Step Right forward pivot ½ turn left, step forward Left
- 7-8 Step Right forward pivot ½ turn left, step forward Left

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牆數:4