How I Feel



拍數: 32 編數: 4 級數: Intermediate

編舞者: Kerry Maus (USA) - February 2014

音樂: How I Feel - Flo Rida



[4 count Intro]

lazz	hov	etan	elida	rock	recover
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1. 2	Cross R over L.	Stan	I foot back
1. Z	CIUSS IN OVEL L.	OLED	L IUUL DACK

- 3, 4 Step R foot to R side, touch L foot beside R
- 5, 6 Take a large step to the L side with L foot, Slide R foot beside L
- 7, 8 Rock back on R foot, recover weight to L

Weave right, ½ turn brush, L side gallop, touch

1. 2	Step R foot to R side, cross L behind R
1. Z	Step K 100t to K Side, Closs L bellilla K

- 3, 4 Step R foot to R side turning ¼, Brush L while making a ¼ turn to the R
- 5, 6 (Left side gallop) Step L foot to L side, Hold,
- &7, 8 Quickly step R beside L, step L side L, touch R beside L

Kick ball cross, step, lock, walk, walk, step touch

1&2	(With feet angled 45° to the R), Kick R foot, step on R ball of foot, cross L over R
2 1	Stan D to D side I sek I helpind D

3, 4 Step R to R side, Lock L behind R5, 6 Step R to R side, Cross L over R

7, 8 Step R to R side, Touch L beside R

Full Turn - 1/4 Lock, 1/4 Lock, 1/4 Lock, 1/4, touch

1, 2	Make ¼ turn to L stepping forward on L, lock R behind L
3, 4	Make ¼ turn to L stepping forward on L, lock R behind L
5, 6	Make 1/4 turn to L stepping forward on L, lock R behind L

7, 8 Make ¼ turn to L stepping forward on L, touch R beside L (end facing 9:00)

[Repeat from the top]

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