

# How I feel

拍數: 96      牆數: 2      級數: Phrased Advanced  
編舞者: Guyton Mundy (USA) & Jean-Pierre Madge (CH) - February 2014  
音樂: How I Feel - Flo Rida



Intro: 2 sec's into track when Flo Rida starts singing Sequence of dance: AA BA AB AAA

## A Pattern - 32 counts

Before starting the A-Pattern turn your body towards right diagonal. You will still be walking to the 12 o'clock wall

### [1-8] Touch, step, touch, step, back together, cross, step sweep

- 1-2            cross right over left and touch toe, step down on right
- 3-4            touch left toe forward step down on left foot
- &5-6          step back diagonally on right, step left next to right, cross right over left
- 7-8            step forward on left sweeping right around, continue sweeping right

### [9-16] cross back side, cross back forward, step 1/2 turn, full triple turn

- 1&2            cross right over left, step back on left, step right to right side
- 3&4            cross left over right, step back on right, step forward on left
- 5                make a 1/2 turn to left stepping back on right,
- 6&7            make a full turn in place over left shoulder stepping left right left 8 step slightly back on right

### [17-24] Back, hold, back, hold, ball step, 1/4 turn, sweep

- 1-2            step back on left, hold
- 3-4            step back on right, hold
- &5-6          step back on left, step together with right, make a 1/4 turn to right stepping left to left side
- 7-8            lock right behind left as you sweep left around to left, continue sweeping left around behind right

### [25-32] Behind side cross, side behind side, cross rock, recover, 1 1/4 triple turn

- 1&2            step left behind right, step right to right side, cross left over right
- 3&4            step right to right side, step left behind right, step right to right side
- 5-6            cross rock left over right, recover on right
- 7&8            make 1/4 turn left stepping forward on left, make 1/2 turn left stepping back on right, make 1/2 turn left stepping forward on left

## B Pattern - 64 counts

### [1-8] Scuff, 1/4 syncopated jazzbox, step, step, 1/4 turn, 1/4 turn, 1/2 turn

- 1                scuff right forward
- 2&3            cross right over left, step back on left, make a 1/4 turn to right stepping forward on right
- 4                step forward on left
- 5-6            step forward on right, make 1/4 turn left on balls of both feet
- 7-8            make 1/4 turn right on balls of both feet, make 1/2 turn left on balls of both feet

### [9-17] Ball step, lean, ball step, up, 1/4 jazz box, cross and cross

- &1-2            step right next to left, step forward on left, lean back
- &3-4            step right next to left, step forward on left, body up to normal
- 5-6-7          cross right over left, make 1/4 turn right stepping back on left, step right to right side
- 8&1            cross left over right, step right to right side, cross left over right

### [18-24] Hand -arm-work stuff

- 2                extend right hand out forward, palm down with elbow at side,

- &3-4      bend right hand at wrist fingertips pointing down, bring left fingers into palm of right with left palm facing outward, push right hand straight outward, straightening right elbow
- 5&6      this will be like your running your fingers up your right arm... Tap left middle finger at mid forearm, tap left index finger at elbow, cup left hand over right shoulder
- 7-8      roll right shoulder down and back, push right shoulder forward as if hitting left fist with right shoulder

**[25-32] Side, sailor 1/4 turn, heel jack, ball cross, 1/4 turn, 1/2 turn, step**

- 1            step right to right side
- 2&3      step left behind right, step together with right making 1/4 turn left, cross left over right
- &4&5      step back on right, tap left heel forward, step left next to right, cross right over left
- 6-7      make 1/4 turn right stepping back on left, make 1/4 turn right stepping right to right side
- 8            make a 1/4 turn to right stepping forward on left

**[33-40] Rock, recover, ball rock, recover, 1/2 turn ball rock, recover, ball rock, recover**

- 1-2      rock forward on right, recover on left
- &3-4      step on ball of right next to left, rock forward on left, recover on right
- &5-6      step on ball of left next to right, make 1/2 turn right rocking forward on right, recover on left
- &7-8      step on ball of right next to left, rock forward on left, recover on right

**[41-48] Ball step with 1/4 turn, tuts**

- &1      step on ball of left next to right, step right to right side making 1/4 turn right
- 2      right arm extended out forward bend at elbow palm facing down
- 3&4      bring back of left hand under palm of right hand, push right hand down so that left wrist bends and fingers point down while keeping right hand on the back of left, slide right hand back off of left and then forward to the inside of left. (back of right hand should be on the inside of left palm and fingers)
- 5-6      push right hand up slightly so that left wrist extends back straight, make 1/4 turn pivot to the left
- 7&8      push right arm towards 12 o'clock sliding left hand to right elbow, step on ball of right next to left, step forward on left while pulling right arm back, sliding left hand from elbow to back of right hand

**[49-56] Heel Jack x 2, back, 1/2 turn, side behind**

- &1&2      step back on right, tap left heel forward, step on ball of left next to right, cross right over left
- &3&4      step back on left, tap right heel forward, step on ball of right next to left, cross left over right
- 5-6      make a 1/4 turn to left stepping back on right, make 1/4 turn left stepping forward on left
- 7-8      step right to right side, step left behind right

**[57-64] Heel Jack x 2, back, side, walk, walk**

- &1&2      step back on right, tap left heel forward, step on ball of left next to right, cross right over left
  - &3&4      step back on left, tap right heel forward, step on ball of right next to left, cross left over right
  - 5-6      step back on right, step left to left side
  - 7-8      walk forward right, walk forward left
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