

Feel Good Again

拍數: 64 牆數: 2 級數: High Beginner
編舞者: Rene & Reg Mileham (UK) - May 2014
音樂: Good Again - Anne Murray : (CD: Anne Murray)



32 count intro

Sec 1: Side, drag, back rock, recover. Grapevine, cross

1 – 2 Step Right to side, drag Left next to Right.
3 – 4 Rock Left back, recover onto Right.
5 – 6 Step Left to side, step Right behind Left.
7 – 8 Step Left to side, cross Right over Left.

Sec 2: Rock & cross, rock & cross. (Diagonal) Sway, touch, sway, touch

1 & 2 Rock Left to side, rock Right to side, cross Left over Right.
3 & 4 Rock Right to side, rock Left to side, cross Right over Left.
5 – 6 Sway Left (diagonally) to side, touch Right to Left.
7 – 8 Sway Right (diagonally) to side, touch Left to Right (weight on Right)

Sec 3: Side, drag, back rock, recover. Grapevine, cross

1 – 2 Step Left to side, drag Right next to Left.
3 – 4 Rock Right back, recover onto Left.
5 – 6 Step Right to side, step Left behind Right.
7 – 8 Step Right to side, cross Left over Right.

Sec 4: Rock & cross, rock & cross. (Diagonal) Sway, touch, sway, touch

1 & 2 Rock Right to side, rock Left to side, cross Right over Left.
3 & 4 Rock Left to side, rock Right to side, cross Left over Right.
5 – 6 Sway Right (diagonally) to side, touch Left to Right
7 – 8 Sway Left (diagonally) to side, touch Right to Left. (weight on Left)

Sec 5: Right and Left rolling vines with touches

1-2-3-4 Right rolling vine, touch
5-6-7-8 Left rolling vine, touch

Sec 6: Rumba Box

1 – 2 Step Right to side, step Left beside Right
3 – 4 Step Right forward, tap Left next to Right
5 – 6 Step Left to side, Step Right beside Left
7 – 8 Step Left back, tap Right next to Left (weight on Left)

Sec 7: Paddle x 2 turning ¼ left. Cross, back, side hold

1 – 2 Step Right forward, paddle 1/8.
3 – 4 Step Right forward, paddle 1/8. 9.00
5 – 6 Cross Right over Left, step back onto Left
7 – 8 Step Right to side, hold.

Sec 8: Cross, back, side hold. Paddle x 2 turning ¼ left.

1 – 2 Cross Left over Right, step back onto Right
3 – 4 Step Left to side, hold
5 – 6 Step Right forward, paddle 1/8
7 – 8 Step Right forward, paddle 1/8 6.00

BEGIN AGAIN & HAPPY DANCING

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