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| This Is How I Feel |  |

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| **Count:** | 32 | **Wall:** | 1 | **Level:** | Beginner | . |
| **Choreographer:** | Sisters Buttons (LAT) - February 2020 | | | | |
| **Music:** | This Is How I Feel - BrainStorm & Daddy Was a Milkman | | | | |
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**INTRO: 32 counts in on vocals**

**WALK R, L, SHUFFLE FORWARD, WALK L, R, SHUFFLE FORWARD**

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| 1-2 | Step forward on R, Step forward on L |

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| 3&4 | Step forward on R, Close L, step forward on R |

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| --- | --- |
| 5-6 | Step forward on L, Step forward on R |

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| --- | --- |
| 7&8 | Step forward on L, Close R, step forward on L |

**PIVOT TURN ½ LEFT, SHUFFLE BACK ½, WALK BACK L, R COASTER STEP**

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| 1-2 | Step forward R, pivot ½ left |

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| 3&4 | ½ R shuffle back – step back on R, Close L next to R, Step back on R (12:00) |

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| --- | --- |
| 5-6 | Walk back L, walk back R |

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| --- | --- |
| 7&8 | Step L back, step R next to L, forward on L (12:00) |

**SIDE R, TOUCH L, SIDE L, TOUCH R, FULL TURN RIGHT, R SIDE SHUFFLE**

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| 1-2 | Step R to right side, touch L next to R |

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| 3-4 | Step L to left side, touch R next to L |

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| 5-6 | Full turn right stepping R L (12:00) |

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| 7&8 | Step side on R, Close L next to R, Step side on R |

**ROCK CROSS, RECOVER, SLIDE L, TOUCH R, R SAILOR STEP, L SAILOR STEP**

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| 1-2 | Rock cross on L, recover onot R |

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| 3-4 | Slide L on left side, touch R next to L |

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| 5&6 | Right Sailor step – Cross R behind L, Step L to left, Step R to right side |

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| --- | --- |
| 7&8 | Left Sailor step – Cross L behind R, Step R to right, Step L to left side |

**REPEAT**

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