Catch Feels (aka Feels)



Count: 32 Wall: 4 Level: Easy Intermediate

Choreographer: Amy Christian (USA) - August 2017

Music: Feels (feat. Pharrell Williams, Katy Perry & Big Sean) - Calvin Harris



Intro: 32 counts. Start on Lyrics.

SIDE, TOUCH, SIDE, TOUCH, ¼ R COASTER, ½, ½ TOG, LOOK RIGHT-BEND BACK-SNAP, LOOK FWD-

CLAP,

1&2& Step R to right side, Touch L next to R, Step L to left side, Touch R next to L,

5&6 ½ Turn right, stepping L back, ½ Turn right, stepping R fwd, Step L next to R,

7-8 Look right as you bend upper body back & Snap fingers by hips(7), Look forward &

Straighten up(8),

R COASTER, SCUFF L, HITCH L, STOMP, 1/4 RIGHT TWISTING HEELS, BUMP R, BUMP L,

1&2 R Coaster Step,

Scuff L, Hitch L, Stomp L, Twist both heels to left side make ¼ right, (Bump), [12:00]

Continue to twist both heels, R,L,R,L,R,L, moving slightly left, transferring weight to L,

(Add Bumps),

7-8 Bump R, Bump L,

(Option – Don't do Bumps. Instead keep twisting heels on counts &7&8)

BIG STEP TO R, LONG WEAVE, CROSS, 1/4, 1/4,

1 Take a big step to right on R,

2&3& Step L behind R, Step R to side, Step L across R, Step R to right side,

4&5 Step L behind R, Step R to right side, Step L across R,

6-8 Cross R over L, ¼ right, stepping L back, ¼ right, stepping R out to side, [6:00]

ROCK OUT, RECOVER, BALL, ROCK OUT, RECOVER, $\frac{1}{4}$ ROCK BACK ON R, RECOVER FWD ON L, $\frac{1}{2}$,

1/2,

1-2& Rock L out to left side, Recover on R (out), Step L next to R,

3-4 Rock R out to right side, Recover on L (out),

5-6 ½ right, Rock back on R [9:00], Recover stepping fwd on L,

7-8 ½ turn left, stepping back on R [3:00], ½ turn left, forward on L [9:00], (or Walk, Walk).

Start over!

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