I Gotta Feeling (我有預感) (zh)

Compte: 64 **Mur:** 2 **Niveau:** Intermediate
Chorégraphe: Niels Poulsen (DK) - 2009年10月
Musique: I Gotta Feeling - Black Eyed Peas

前奏： Intro: 32 counts from first beat (app. 14 seconds into track). Start with weight on R foot

第一段	**Full Turn Box R, L Side Rock, L Cross Shuffle** **右方塊轉圈, 左下沉回復, 交叉交換**
1–2 左　右90	Step L to L side (1), turn ¼ R stepping R to R side (2) 左足左踏, 右轉90度右足右踏
Styling: **企鵝走步**	Turn on stiff legs during counts 1-5 [3:00] 在1-5拍的旋轉, 雙腿要保持僵直
3–4 90 90	Turn ¼ R stepping L to L side (3), turn ¼ R stepping R to R side (4) [9:00] 右轉90度左足左踏, 右轉90度右足右踏(面向9點鐘)
5–6 90 回復	Turn ¼ R rocking L to L side (5), recover on R foot (6) [12:00] 右轉90度左足左踏, 右足回復(面向12點鐘)
7&8 交叉交換	Cross L over R (7), step R to R side (&), cross L over R (8) [12:00] 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏(面向12點鐘)

第二段	**Side Rock R, Recover ¼ L, R Shuffle, Step ½ R, ¼ R Dipping Down, Up With R Leg Lift! 右下沉 1/4回復, 交換步, 踏轉, 右1/4 蹲 起抬**
1–2 下沉 左90	Rock R to R side (1), turn ¼ L as you recover weight to L (2) [9:00] 右足右下沉, 左轉90度左足回復(面向9點鐘)
3&4 前交換	Step fw on R (3), bring L next to R (&), step fw on R (4) [9:00] 右足前踏, 左足併踏, 右足前踏(面向9點鐘)
5–6 踏 轉	Step fw on L (5), turn ½ R stepping onto R (6) [3:00] 左足前踏, 右轉180度右足踏(面向3點鐘)
7–8 90小狗尿尿 (左彎, 左直)	Turn ¼ R stepping L to L side and bending in L knee (7), straighten L knee lifting R leg up (8) [6:00] 右轉90度左足左踏左膝彎曲, 左膝伸直抬右足(面向6點鐘)

第三段	**Cross, Point, Cross, Point, R Cross Rock, Side Rock R Dipping Down, Up 交叉 點, 交叉 點, 交叉下沉回復, 右下沉 蹲 起**
1–2 跨 點	Cross R over L (1), point L to L side (2) [6:00] 右足於左足前交叉踏, 左足左點
3–4 跨 點	Cross L over R (3), point R to R side (4) [6:00] 左足於右足前交叉踏, 右足右點(面向6點鐘)
5–6 交叉下沉回復	Cross rock R over L (5), recover weight to L foot (6) [6:00] 右足於左足前交叉下沉, 左足回復(面向6點鐘)
7–8 右下沉回復 (右足蹲, 直)	Side rock R to R side dipping down on right keeping left leg straight (7), straighten knees and recover on L (8) [6:00] 右足右下沉右足蹲左足伸直, 雙膝伸直左足回復(面向6點鐘)

第四段	**Sailor R, Sailor ½ L, Walk R, Walk L, Out R, Out L, In R, Touch L** **右水手, 左轉水手, 走, 走, 外 外 內 點**

1&2 Cross R behind L (1), step L to L side (&), step R small step to R side (2) [6:00]
水手步 右足於左足後交叉踏, 左足左踏, 右足略右踏(面向6點鐘)

3&4 Cross L behind R (3), turn ¼ L stepping onto R (&), turn ¼ L stepping fw on L (4) [12:00]
轉水手 左足於右足後交叉踏, 左轉90度右足踏, 左轉90度左足前踏(面向12點鐘)

5–6 Walk fw on R (5), walk fw on L (6) [12:00]
走 走 右足前走, 左足前走(面向12點鐘)

&7&8 Step R out (&), step L out (7), step R to centre (&), touch L next to R (8) **[12:00]**
Out out 右足右前踏, 左足左前踏, 右足回原位, 左足併點(面向12點鐘)
in in點

*** RESTART here DURING wall 6, facing 6:00**
第六面牆跳至此面向6點鐘時, 從頭起跳

第五段 Step ½ R, & Jump Touch, Hold, & Jump Touch, Hold, & Rock Fw R
踏轉, 跳點候, 跳點候, 踏下沉回復

1-2 Step fw on L (1), turn ½ R stepping onto R (2) [6:00]
踏 轉 左足前踏, 右轉180度右足踏(面向6點鐘)

&3–4 Jump L diagonally fw L (&), touch R next to L (3), Hold (4) [6:00]
跳點 停 左足斜前跳, 右足併點, 候(面向6點鐘)

&5–6 Jump R diagonally fw R (&), touch L next to R (5), Hold (6) [6:00]
踏點 停 右足斜前跳, 左足併點, 候(面向6點鐘)

&7–8 Step down on L foot (&), rock R foot fw (7), recover weight to L foot (8) [6:00] 左足踏, 右足前下沉, 左足
踏下沉回 回復(面向6點鐘)
復

第六段 ¼ R Chassé, L Samba Step, R Samba Step, L Jazz Box
右1/4追步, 左森巴, 右森巴, 爵士方塊

1&2 Turn ¼ R stepping R to R side (1), bring L next to R (&), step R to R side (2) [9:00] 右轉90度右足右踏,
右90追步 左足併踏, 右足右踏

3&4 Cross L over R (3), rock R to R side (&), recover weight to L (4) [9:00] 左足於右足前交叉踏, 右足右下沉,
左森巴 左足回復(面向9點鐘)

5&6 Cross R over L (5), rock L to L side (&), recover weight to R (6) [9:00] 右足於左足前交叉踏, 左足左下沉,
右森巴 右足回復(面向9點鐘)

7–8 Cross L over R (7), step back on R (8) [9:00]
跨 後 左足於右足前交叉踏, 右足後踏(面向9點鐘)

第七段 & Point R Fw, Hold, & Point L Fw, Hold, & Point R Fw & Point L Fw & Point R Fw, Hold 踏 點, 候, 踏 點,
候, 踏 點 踏 點 踏 點, 候

&1–2 Step back on L (&), point R foot slightly fw (1), hold (2) [9:00]
後點 停 左足後踏, 右足略前點, 候(面向9點鐘)

&3–4 Step back on R (&), point L foot slightly fw (3), hold (4) [9:00]
後點 停 右足後踏, 左足略前點, 候(面向9點鐘)

&5&6 Step back on L (&), point R foot slightly fw (5), step back on R (&), point L foot slightly fw (6) [9:00]
後點後點 左足後踏, 右足略前點, 右足後踏, 左足略前點(面向9點鐘)

&7–8 Step back on L (&), point R foot slightly fw (7), hold (8) [9:00]
後點 停 左足後踏, 右足略前點, 候(面向9點鐘)

第八段 & Cross Rock, & Cross In Front, Hold, & Behind, Side Rock L, Recover ¼ L, Touch 併交叉下沉回復, 併
交叉, 候, 併後踏, 左下沉, 左1/4, 點

&1–2 Step down on R (&), cross rock L over R (1), recover on R (2) [9:00]
踏交叉回 右足踏, 左足於右足前交叉下沉, 右足回復(面向9點鐘)
復

&3–4 Step L a small step to L side (&), cross R over L (3), hold (4) [9:00]
踏交叉 候 左足左略踏, 右足於左足前交叉踏, 候(面向9點鐘)

&5-6 踏後交叉 左下沉	Step L a small step to L side (&), cross R behind L (5), rock L to L side (6) [6:00] 左足左踏, 右足於左足後交叉踏, 左足左下沉(面向6點鐘)
7–8 左90 併點	Turn ¼ L as you recover on R (7), touch L next to R (8) [6:00] 左轉90度右足回復, 左足併點(面向6點鐘)

ENDING: Do first 2 counts of section 1. When doing count 3 step big step to L and drag R to L. 跳到第一段第2拍時, 第3拍左足左一大步, 右足拖併