Don't It Feel Good

拍数: 32

级数: Improver

编舞者: Jessica Carlson (USA) - December 2016

音乐: Don't It Feel Good - Home Free

Starts after 16 Counts (of music) with the Lyrics Restart in 4th Rotation and Tag in 10th Rotation

Section 1: Rocking Chair, Step Forward, Scuff, Cross, Step Back

- 1,2,3,4 Step RF Forward (1), Recover weight on LF (2), Step RF Back (3), Recover weight on LF (4)
- Step RF Forward (5), Scuff LF (6), Cross LF over RF (7), Step back on RF (8) 5,6,7,8

Section 2: Side Rock, Step behind, Step Right, ¼ Paddle turn to the Right

Step LF to Left (1), Recover weight on RF (2), Step LF behind RF (3), Step RF to Right (4) 1,2,3,4 5,6,7,8 Make 1/16 turn over R shoulder by touching Left toe slightly forward (5), Make 1/16 turn over R shoulder by touching Left toe slightly forward (6), Make 1/16 turn over R shoulder by touching Left toe slightly forward (7), Make 1/16 turn over R shoulder by stepping forward (8) (End facing 3:00)

Restart here in 4th Rotation

Tag here in 10th Rotation, and continue the dance

Tag: 4 count hold

Section 3: Touch RF out, Cross RF over LF, Touch LF out, Cross LF over RF, Hop and step RF out then LF out, Hold, Elvis knees

- Touch RF out to Right (1), Cross RF over LF (2), Touch LF out to Left (3), Cross LF over RF 1,2,3,4 (4)
- Hop up, land out on RF (&), land out on LF (5), Hold (6), Bring R knee in (7), Bring L knee in &5,6,7,8& (8), Shift weight to LF (&)

Section 4: Rock Forward, Recover, Step Back, Hitch LF, Step Back, Hold, Heel Pops while making half turn over L Shoulder

- 1,2,3,4 Step RF Forward (1), Recover weight on LF (2), Step Back on RF (3), Hitch LF (4)
- Step Back on LF (5), Hold (6), Make 1/4 turn over L Shoulder while popping heels (7), Make 1/4 5,6,7,8 turn over L shoulder while popping heels (8) (9:00)

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墙数:4