How Would You Feel

级数: Intermediate

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音乐: How Would You Feel (Paean) - Ed Sheeran

NO TAGS OR RESTARTS

S1: Basic Nightclub R, ¼ Right, 1 ½ Triple Full Turn Back, Step Turn Step, R Mambo Step

- 1,2& Take a big step to R side, Rock the LF Behind R, Replace weight forward to RF
- 3,4,8 1/4 turn R step back on LF, turn 1/2 R step RF forward, turn 1/2 R step LF back
- 5,6&7 turn ½ R step RF forward, Step LF forward pivot ½ turn right, step LF forward
- 8&1 Rock weight forward onto RF, step RF back

S2: Cross Back Side, Cross Back Side, L Back Rock ½, ¼ Chasse R

- 2&3 Cross LF over right, step RF back, step LF to side
- 4&5 Cross RF over Left, step LF back, step RF to side
- 6&7 Rock LF Back, Replace weight to RF, Turn ½ turn right step back on LF
- 8&1 turn ¼ right step RF to right side, close Lf next to RF, step RF big side step to the right

(optional styling as you step to the R on count 1 reach right arm up)

S3: X2 L Hitches, Rock To Left, Chasse R, Sailor ½ Left, Run Around Full Turn R

- 2&3 hitch L knee contract stomach, hitch L knee contract stomach, rock LF to left side
- 4&5 step RF to right side, close LF next to RF step RF to right side
- 6&7 cross LF behind right beginning to make ½ turn L, close RF next to L completing ½ turn, Cross LF over RF
- 8&1 Turn full turn over R shoulder run around turn (R,L,R) RF finishes crossed over LF

(optional styling on counts 2& right arm down to L knee)

S4: L Mambo Touch Back, Body Roll, Ball 1/4 Step, Rolling Vine R, Arms R L Pull In Hitch L Knee

- 2&3 Rock LF forward, replace weight to RF, Touch L toe back
- 4&5 start to body roll (top to bottom) (4) close RF to L (&) turn 1/4 turn L step LF to L side
- 6&7 turn ¼ turn R step RF forward, turn ½ turn R step RF back, turn ¼ turn R step RF to side (feet finish hip width apart)
- 8&1 reach R hand forward palm facing forward fingers spread (8), reach L hand forward palm facing forward fingers spread (&), bring both hands into waist fists clenched as you hitch L knee (1)

S5: Side Rock Cross, Side Behind 1/4, Step Half Press, Run Back (R,L,R)

- 2&3 Rock Lf to L side, replace weight to RF, cross LF over R
- 4&5 Step RF to R side, step LF behind R, turn ¼ turn R step RF forward
- 6&7 Step LF forward pivot ¹/₂ turn R, press ball of LF forward
- 8&1 Step RF back, step LF back, touch R toe back

(optional styling on every front wall as you do the press on 7 the lyrics say 'kiss' bring R hand up to mouth slowly curl fingers from pinky to thumb hand finishes in a fist)

S6: Unwind ½ Turn R, Back Sweep, Behind Side Cross, Spiral Full Turn, RF Side Rock Back Rock

- 2-3 keeping weight back on LF unwind ½ turn R, step back on RF sweep LF from front to back
- 4&5 step LF behind RF, step RF to R side, cross LF over RF
- 6 Keeping weight on LF unwind full turn R
- 7&8& Rock RF to R side, replace weight to LF, Rock RF back, replace weight to LF



拍数: 48

墙数: 2