This Feeling Is Real



拍数: 32 墙数: 4 级数: Intermediate

编舞者: Therese Johnsson (SWE) - April 2017

音乐: Home - Jack Savoretti: (Album: Written in Scars)



Intro: 8 count, from the drums are beginning to play.

Sequence of the dance: A, A, A-8 counts, Restart A, Tag, A, A, A-8 counts, Restart A, A, A(1-16)

A: 32 counts

[1-8]: walk R-L, anchor step fwd, anchor step back, out-out, together, cross

1,2 step RF fwd, step LF fwd

3&4 step RF behind LF, LF recover, RF Recover5&6 step LF back, RF recover, step LF back

7&8& step RF out(right), step LF out (left), step RF beside LF, cross LF over RF

*Restart comes here

[9-16]: rock-recover, behind-step1/4turning left-step, step, kick, together, step, step-turn 1/2(pivot)

1,2 rock RF to right side, recover to LF

3&4 step RF behind LF, step LF 1/4 left(09.00), step RF forward

step LF forward, kick RF forward, Step RF beside LF step LF forward step RF, turn 1/2 (03.00)Swing right hip back to front with an attitude!

[17-24]: triple forward, walk L-R-L (turning 1/4), rock forward-recover, coaster step

1&2 step RF forward, step LF beside RF, Step RF forward

3,4,5 walk L-R-L forward(1/4 turn to wall 06.00)

6& rock RF forward, recover LF

7&8 step RF back, step LF beside RF, step RF forward

[25-32]: cross,3/4 turn, rock, recover, hitch L, behind side cross, big step right, together (weight on LF)

1,2 cross LF over RF, 3/4 turn right(03.00)

3&4 rock LF to left side, recover RF, hitch L knee

step LF behind RF, step RF to right side, cross LF over RF

RF to right, step LF beside RF(The weight on LF)

TAG 1-4 Hip bumps R-L

touch R toe forward, hip bump(Right hip)touch L toe forward, hip bump (Left hip)

Dance and have fun:)

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